

# Everything Hummus

## Ingredients

### Everything Spices

1 tsp. Caraway seeds

1.5 tsp. Poppy seeds

1.5 tsp. Sesame seeds

1 large clove garlic chopped

1 Tbsp. minced white or yellow onion

### Hummus

1-2 cloves garlic

2 Tbsp. tahini

3 Tbsp. fresh squeezed lemon juice

1 ½ cups chickpeas (1 can)

1 Tbsp olive oil

½ tsp. Cumin

¼ tsp. Pink salt, or more to taste

1-2 Tbsp. water (as needed, to thin it out)

## Instructions

Preheat oven to 350 degrees Fahrenheit.

Lay out the everything spices (including the garlic and onion) flat on a parchment lined baking sheet and bake for 10 minutes, until the garlic and onion just start to brown and the spices become fragrant. Remove.

To make the hummus, first, in a blender or food processor, pulse or blend the garlic, lemon juice and tahini until smooth, about 1 minute.

Next, add chickpeas, oil, cumin, and salt, and blend again until smooth, about another minute. You can add water, a tablespoon at a time, to give the hummus a smoother, creamier consistency, if desired. Taste and add more salt if needed.



Spoon into a bowl and top with toasted everything spices and a touch of olive oil, if desired. Serve with veggie sticks or gluten free crackers, or use as a spread or veggie bowl topping.

Recipe by David Avocado Wolfe at <https://www.davidwolfe.com/everything-hummus/>