



# Julie Zyromski

## The best chickpea hummus

Portions: About 2 cups of hummus

Preparation: 20 minutes



### Ingredients

540 ml (1 can) chickpeas, rinsed and drained  
¼ cup (60 ml) tahini (sesame butter)  
1 teaspoon (5 ml) salt  
½ tablespoon (3 ml) ground cumin  
⅓ cup (80 ml) mayonnaise  
¼ cup (60 ml) extra-virgin olive oil  
1 tablespoon (15 ml) apple cider vinegar  
⅓ cup (80 ml) water  
1 garlic clove (optional)

### Steps

1. In a high-speed blender or a food processor, purée all ingredients until smooth.
2. Transfer in a serving dish.
3. At service, drizzle an extra touch of olive oil and garnish with what you have on hand: olives, sesame seeds, paprika, pine nuts, sun-dried tomatoes, etc.
4. Serve as a dip with plain or toasted pita bread.