

## Hummus and Chickpea-Based Spreads

Today, hummus is a staple trend in the culinary world, inspiring countless combinations with various ingredients, offering an almost endless wealth of flavors. But that's not all! Chickpea paste is also healthy, as it is high in protein and fiber, and it can help lower cholesterol levels in the blood.

### INGREDIENTS

- 200 g chickpeas (Jasmeen)
- 100-150 ml aquafaba – the water from cooking chickpeas (or from a can)
- 4-5 tablespoons tahini (Jasmeen)
- Juice of 1-2 lemons
- A pinch of Lebanese seven spice blend
- 1 clove of garlic



### Preparation:

We start by preparing classic hummus: simply combine all the ingredients in a food processor and blend until smooth. Then, add your favorite ingredients to create various chickpea-based spreads.

### HUMMUS WITH BEETROOT

- Ingredients:
  - 1 portion of classic hummus
  - 1 roasted beetroot

### HUMMUS WITH ROASTED GARLIC AND PRESERVED LEMON

- Ingredients:
  - 1 portion of classic hummus (without garlic)
  - 2 heads of roasted garlic
  - 1 slice of preserved lemon

### CHICKPEA AND BASIL SPREAD

- Ingredients:
  - 1 portion of classic hummus
  - 1 bunch of fresh basil

### CHICKPEA SPREAD WITH ROASTED RED PEPPER

- Ingredients:
  - 1 portion of classic hummus
  - 2 roasted peppers
  - 1 teaspoon smoked paprika