

Cool Green Hummus

This recipe was provided by Carolyn Hodges of [The Dinner Shift](#).

Prep time: 5 minutes

Cook time: 5 minutes

Total time: 10 minutes

Makes 2 cups

Ingredients

- 1 15-ounce can chickpeas, drained (1/2 cup liquid reserved)
- 1/4 cup tahini
- 1 peeled garlic clove
- 2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1/2 teaspoon sea salt (or to taste)
- 1 cup packed baby spinach leaves



Preparation

1. Combine all ingredients, including reserved liquid from canned chickpeas, in a high-power blender or food processor.
2. Blend on high until very smooth. Transfer to a glass storage container with lid. Hummus will keep in the fridge for up to 4 days.
3. Serve with fresh cut vegetables, pita wedges or pretzels.