



HOMEMADE HUMMUS

What you'll need:

- 2 cans Velha Chickpeas drained with liquid reserved
- ½ cup chickpea liquid or more, as needed
- ½ cup tahini
- ¼ cup Velha Olive Oil
- 2 lemons juiced
- 2 garlic cloves
- 1 teaspoon cumin
- ½ teaspoon salt

How to make:

- Add all the ingredients to a high-powered blender and secure the lid
- Turn the blender on high for 30 seconds (or more for a creamier texture)
- Add more chickpea liquid (aquafaba), if desired, for a softer hummus
- Garnish with olive oil, paprika and fresh parsley

