

# WALNUT HUMMUS

IT'S A SUPER EASY VARIATION OF TRADITIONAL HUMMUS THAT USES WALNUTS INSTEAD OF TAHINI. THE ORANGE LENDS A BRIGHT NOTE, TOO!

TIP: IF YOU LIKE A LITTLE HEAT, ADD A DASH OR TWO OF YOUR FAVORITE HOT SAUCE.

SERVINGS 8

## INGREDIENTS

2 CUPS (300 GRAMS) CHICKPEAS, DRAINED & RINSED  
1 CUP (110 GRAMS) WALNUTS  
2 TBSP WALNUT OIL  
1 CLOVE GARLIC, MINCED  
1/3 TSP ORANGE ZEST  
1/4 CUP (60 ML) ORANGE JUICE  
3/4 TSP SALT  
1/2 TSP GROUND CUMIN  
PINCH OF BLACK PEPPER

## INSTRUCTIONS

PREHEAT THE OVEN TO 350°F (175°C). ON A PARCHMENT-LINED BAKING SHEET, TOAST THE WALNUTS UNTIL GOLDEN, ABOUT 5-7 MINUTES – STIR ONCE HALFWAY THROUGH. SET ASIDE TO COOL.

USING A FOOD PROCESSOR OR HIGH-SPEED BLENDER, BLEND THE CHICKPEAS UNTIL WELL COMBINED.

ADD THE WALNUTS AND BLEND UNTIL THEY ARE INCORPORATED. ADD THE REMAINING INGREDIENTS AND CONTINUE TO BLEND UNTIL THEY REACH A THICK "HUMMUS-Y" CONSISTENCY. TASTE AND ADJUST SEASONINGS.

POUR INTO A SERVING BOWL AND PLACE IN THE FRIDGE FOR AT LEAST AN HOUR BEFORE SERVING TO LET THE FLAVORS COMBINE. ENJOY!

CALORIES: 167  
PROTEIN: 5G  
FAT: 11G  
CARBS: 13.6G

