



## **Gourmet Flavoured Hummus**

Fuenroble EVOO Adds Wonderful Flavour!



### **Ingredients:**

- 3 strips lemon zest (can use a potato peeler to take the zest with no pith)
- 1 tsp. coarse grain salt
- 3 cloves garlic
- 3 cans chick peas, drained rinsed and drained again\*\*
- ¼ cup lemon juice
- 1/3 cup water \*\*
- 3 tsp. ground cumin
- 3 tablespoons extra virgin olive oil (1/4 cup)
- 2 whole garlic bulbs (can add 3 bulbs if you want more intensity as the garlic is roasted first)

**Fuenroble extra virgin olive oil for drizzling over the hummus at time of serving**

\*\*Note: you can pre-soak and cook your own chick peas - pressure cookers are great for this. If do so, use 2 cups of cooked chick peas, increase the amount of water to 1/2 cup and the amount of extra virgin olive oil up to 1/2 cup.

### **Instructions:**

1. Roast garlic bulbs for about 30 min at 300 and let cool. (keep an eye on it so they do not burn)
2. Meanwhile, using a food processor, chop the lemon zest and salt...add to this the garlic, drained chickpeas lemon juice, water and cumin and process once again.
3. Add olive oil in a steady stream and continue processing until very smooth.
4. Squeeze out the roasted garlic from the skin and process into the hummus mixture.
5. Let sit for 30 minutes before serving to allow flavours to blend.