

THE HOMEMADE HUMMUS THAT CHANGED EVERYTHING

Adapted from [Barefoot Contessa](#) and Oh She Glows

Ingredients:

- 2 cups cooked Fieldstone Organics Chickpeas
- 1 tsp kosher salt, or to taste
- 2 garlic cloves
- 1/3 Cup tahini
- 7-8 tbsp freshly squeezed lemon juice
- 2 Tbsp water
- 4-8 drops of Tabasco sauce (amazing), to taste
- Olive oil, for drizzling
- Paprika, for garnish

Directions: Place all ingredients into a food processor (except the salt) and process until the hummus is coarsely pureed. Now add in salt gradually, stopping to taste as you go. I find the salt preference of hummus varies a lot by the person, so be sure to adjust it to your needs. Scoop into a bowl and drizzle with a good quality olive oil and garnish with paprika. Makes about 2 cups and lasts for about 4-5 days in the fridge in a sealed container.