

Creamy Fresh Chickpea Hummus

Ingredients

- 2 cups green chickpeas, shelled (fresh or frozen)
- 2 cloves garlic
- ¼ cup tahini
- 1 tbsp. white miso paste
- Juice of 1 lemon
- ¼ cup packed cilantro
- ½ cup olive oil
- Salt and pepper, to taste

Steps

1. Bring a pot of lightly salted water to a boil, and add your green chickpeas. Boil for one minute, then drain and run under cool water to stop the cooking.
2. Add the drained chickpeas with the other ingredients to a food processor. Process until smooth, adding water a tablespoon at a time to thin the dip if needed. Transfer to a dish or a container, and enjoy.

