

INGREDIENTS:

- 1 can chickpeas
- 1/2 teaspoon baking soda
- 1/4 cup of freshly squeezed lemon juice
- 1 clove of fresh garlic, chopped
- 1/2 teaspoon of fine sea salt
- 1/2 teaspoon ground cumin
- 2 tablespoons olive oil
- ½ teaspoon crushed red pepper
- 1 teaspoon coriander
- fresh parsley, chopped for garnish
- paprika for garnish
- extra-virgin olive oil for garnish

INSTRUCTIONS:

1. Drain and rinse the chickpeas.
2. Place in a bowl and add baking soda. Add enough water to cover and let soak for one hour. (Can also place in a large saucepan and boil for 20 minutes.)
3. Drain and rinse again.
4. Blend lemon juice, garlic, and salt in a food processor. Add the chickpeas, cumin, olive oil, crushed red pepper and coriander.
5. Blend until a very smooth texture – about 4 minutes. Add water as needed to reach desired texture.
6. Serve in a bowl with a garnish of extra virgin olive oil, a sprinkle of paprika and chopped parsley.
7. Enjoy with pita bread or chips, flatbread or crunchy vegetables meeting allergen restrictions.