

Artichoke Hummus

written by The Recipe Exchange | January 24, 2014

Ingredients

1 can of chickpeas (14 oz.), drained with liquid set aside
1 can of artichoke hearts (14 oz) drained
2 tablespoons tahini
3 tablespoons olive oil
1 clove of garlic, crushed
2 tablespoon lemon juice

Directions

In a food processor, combine chickpeas, artichokes, and tahini. Blend. Slowly add olive oil, garlic, and lemon juice. Blend to a smooth consistency. If artichoke hummus is too thick, add 1 tablespoon of chickpea liquid at a time until desired consistency.