

# 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.