



## INGREDIENTS

- ¼ Cup Tahini
- 3 Tablespoons Olive Oil (plus more for garnish)
- 15 Ounces Chickpeas (drained)
- 3 Tablespoons Aquafaba Liquid (drained from canned chickpeas) or Cold Water
- 2 Teaspoons Garlic (minced)
- ¼ Cup Lemon Juice
- ¼ Teaspoon Cumin
- ¼ Teaspoon Aleppo Pepper or Paprika with a Pinch of Cayenne
- ½ Teaspoon Sea Salt
- Paprika (for garnish)
- Fresh Parsley (chopped; for garnish)

## DIRECTIONS

1. Reserve a handful of chickpeas for garnish.
2. In a food processor, puree ¼ cup tahini and 3 tablespoons olive oil until smooth.
3. Add chickpeas, aquafaba, garlic, lemon juice, cumin, Aleppo pepper or paprika, and sea salt. Puree until smooth or your desired texture.
4. Transfer to a shallow bowl and spread the hummus in concentric circles to the edge of the bowl. Make a groove in the middle with a spoon. Drizzle some olive oil into the groove and all over. Garnish with reserved chickpeas, a sprinkle of paprika, and fresh parsley.

## MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

## MEAL TYPE

 Snack

## YIELD

2 Cups

## PORTION SIZES

**Toddler:** ¼ Cup

**Preschool:** ¼ Cup

**School Age:** ½ Cup

**Adult:** ½ Cup