



## BALSAMIC AND LIME HUMMUS

Vata↑\*, Pitta↑, Kapha↓

**Makes:** 3 to 4 cups

**Prep Time:** 15 minutes

**Cook Time:** 6 to 12 hours (when using uncooked beans)

\*Vata types can enjoy in moderation in the summer months if the digestion allows (i.e. does not cause gas, bloating, etc)

### INGREDIENTS

- 1 cup chickpeas, uncooked (replace with 2 cans of chickpeas)
- 1/2 cup raw or roasted tahini (I prefer the roasted for flavor purposes, although I often use the raw for its higher nutrient value)
- 2 tablespoons of olive oil
- 2 tablespoons balsamic vinegar, use more or less to taste
- 1/4 cup finely chopped parsley
- One lime, juiced
- 1/2 teaspoon cumin powder
- Large pinch of cayenne pepper (optional)
- 1/2 to 1 teaspoon of mineral or pink Himalayan salt, use more or less to taste

\*\*A small amount of water may be needed when blending.

### DIRECTIONS

1. When using raw chickpeas\*, cook them overnight in a crock pot by filling up the pot about half way, adding in the uncooked beans, and cooking on low for 12 hours (or high for 6 to 8 hours). The beans should be fairly soft in order to ensure smooth and creamy hummus. If any hardness is still present, cook a bit longer.

\*If canned beans are being used, please skip this step.

**NOTE:** Garbanzo beans can also be cooked in a pressure cooker for a quick and effective cooking method. Otherwise a sauce pan can be used but the beans will likely have to cook for 4 to 6 hours on a medium boil (adding more water in often).

2. Add the cooked or canned chickpeas to the blender or food processor. If desired, the beans can be cooled to room temperature or chilled in the refrigerator. Otherwise the hummus may need to be chilled after making.

3. Add in the tahini, olive oil, balsamic vinegar, finely chopped parsley, fresh lime juice, cumin, cayenne pepper, and salt. Blend on a medium-high speed for 2 to 4 minutes or until the mixture is completely creamy and smooth. If needed, a small amount of water can be added if the hummus becomes too thick.

**NOTE:** Hummus is meant to be completely smooth. If you notice any chunks or a grainy texture, keep blending!

4. Once the desired creamy texture is reached, cool in the refrigerator for 1 to 2+ hours before eating (optional but recommended).
5. Serve on top of a salad, on top of cucumber or zucchini slices (great alternative to crackers!), as a healthy veggie, pretzel, or cracker dip, on top of quinoa or sautéed veggies, or anyway you desire!