



Quick Turmeric Hummus

4 servings

5 minutes

Ingredients

- 2 cups Chickpeas (cooked)
- 1 Garlic (clove, crushed)
- 1 tbsp Tahini
- 3 tbsps Balsamic Vinegar
- 1/4 cup Extra Virgin Olive Oil
- 1/2 tsp Turmeric (or more, to taste)
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Fat	18g
Carbs	26g
Fiber	7g
Sugar	6g
Protein	8g

Directions

- 1 Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Serve it With: Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

Leftovers: Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.

No Balsamic Vinegar: Use raw apple cider vinegar instead.