

Almond Hummus

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We think this delicious LCHF hummus is even better than the traditional chickpea version. The almonds are less intrusive than the chickpeas and allow the subtle flavours to come through – as well as being lower in carbs! Pair this with meats, fish and vegetables to really brighten up your mezze or antipasto platters. The tahini (sesame seed paste) is a hero ingredient here – if you haven’t used it before, look for it in your supermarket. It could be in the condiments or ethnic foods sections; you may need to ask. See also Lemony Hummus (page 92).

Serves	10	Per serve (2 tbsp)
Prep time	10 minutes	Carbs 1.6 g
Cook time	10 minutes	Protein 4.8 g
Difficulty	●●●	Fat 28.9 g
		Energy 287 Cal

INGREDIENTS

- 1 cup almond meal
- ½ cup water
- 2 cloves garlic
- 1 tsp salt
- ½ tsp ground cumin
- ½ tsp paprika
- zest and juice of ½ lemon
- 4 tbsp tahini paste
- ½ cup extra virgin olive oil

METHOD

Place all the ingredients except the oil in a pot, and bring to a gentle boil over a medium heat. Reduce the heat to the lowest setting and allow to cook for 6-8 minutes. Remove from the heat and set aside to cool to room temperature. You can bypass this cooking step and just go straight to the blender, but your hummus won’t be as smooth.

Use a hand-held blender or food processor to carefully blend the hummus until smooth, adding the oil as you blend. Alternatively, transfer the cooled mixture to a smoothie blender, add the oil and blend until smooth.

Season to taste with salt and freshly ground black pepper. Store in a container with a tight-fitting lid in the fridge for 1-2 weeks.

VARIATIONS

- Get creative and experiment with different flavour combos:
- Add a sliced carrot to the pot when you cook the hummus, to make a carrot hummus;
 - Squeeze in some juice from grated beetroot to give a beautiful pink or purple colour;
 - Blend some feta, oregano and dill through the hummus at the end to make a stunning Greek-style dip.

