



Garlic Hummus

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
4-6 People	10 MIN	0 MIN		

Garlic hummus is a smooth and creamy dip made from chickpeas, tahini, lemon juice, and fresh garlic. It has a rich, nutty flavor with a bold garlic kick that makes it perfect for dipping, spreading, or serving as an appetizer. This homemade garlic hummus is easy to prepare and much fresher than store-bought versions. With just a few simple ingredients, you can create a healthy and flavorful dip that works for snacks, parties, or light meals.

Ingredients

- 1 can (15 oz) chickpeas, drained and rinsed
- 2-3 garlic cloves
- 3 tablespoons tahini
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- 2-4 tablespoons water (as needed)
- Salt to taste

Recipe Summary

- Prep Time: 10 minutes

- Cook Time: 0 minutes
- Total Time: 10 minutes
- Servings: 4-6
- Course: Appetizer / Dip
- Cuisine: Middle Eastern

Cooking Method

Instructions

1. Add chickpeas, garlic, tahini, lemon juice, and olive oil to a food processor.
2. Blend until smooth.
3. Add water gradually to reach desired consistency.
4. Taste and adjust salt or lemon juice if needed.
5. Transfer to a serving bowl and drizzle with olive oil.
6. Serve immediately or chill before serving.

Cooking Tips

- Blend longer for extra smooth hummus
- Use ice-cold water for a creamier texture

- Adjust garlic based on taste preference

Variations

- Add roasted garlic for a sweeter flavor
- Mix in roasted red peppers for extra taste
- Add cumin or paprika for depth
- Make it spicy with chili flakes

What to Serve with Garlic Hummus

- Pita bread
- Fresh vegetables (carrots, cucumbers)
- Crackers
- Sandwich wraps
- Grilled meats

Storage

Store in an airtight container in the refrigerator for up to 4-5 days.

Reheating

No reheating needed. Serve chilled or at room temperature.

Frequently Asked Questions

Can I make hummus without tahini?

Yes, but tahini adds creaminess and flavor.

How do I make hummus smoother?

Blend longer and add cold water gradually.

Can I freeze hummus?

Yes, store in an airtight container for up to 2 months.

Recipe Author

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