

Top 12 Easy, Vegan Recipes

Celebrating life, family, and recipes without meat, eggs, and dairy.

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Green Hummus

namelymarly.com/green-monster-hummus

This Green Hummus recipe makes a flavorful spread or dip to serve with chopped veggies or chips. Homemade hummus recipes are easy to make and oftentimes more flavorful than store-bought varieties.

Prep Time: 10 minutes | Cook Time: 5 minutes | Yield: 6 servings

Ingredients

15 ounce can chickpeas, drained
¼ cup tahini
1 teaspoon garlic powder
1 -2 tablespoons lemon juice
1 tablespoon tamari
¼ cup water
¼ cup olive oil
1 teaspoon salt
1 teaspoon dried oregano
1 teaspoon dried basil
2 -3 cups chopped raw power greens

Notes

Tamari is a gluten-free soy sauce. Feel free to substitute soy sauce if you don't have issues with gluten.

Tahini is sesame butter and adds creaminess to the recipe. You can find it in the International Aisle or Health Food Sections of most grocery stores.

For power greens, use spinach, kale, or swiss chard or a combination of the three.

Directions

1. Pour all hummus ingredients into a food processor and pulse until well-combined. (Begin with 1/4 cup of water and add more if you'd like a thinner hummus)
2. Scrape down the sides of the food processor bowl and then process until you achieve a fine consistency.
3. Pour the hummus into a serving bowl and garnish with olive oil, pine nuts, and sliced black olives. Serve with pita bread or your favorite crackers.

