

Chickpea/Garbanzo Bean Hummus

This recipe will make one medium Harvest Right Freeze Dryer tray's worth of hummus *

Live Life Simple's: [Freeze Dried Hummus -- Chickpea/ Garbanzo Hummus & Black Bean Hummus](#)

Ingredients:

3 Garlic Scapes minced Or 8 garlic cloves minced
4 C Chickpeas
4 Tbsp Water
16 dashes hot sauce
6 T Lemon Juice (Or juice from 2 lemons)
$\frac{2}{3}$ C Tahini
Salt to taste (1 tsp)



Directions:

1. Mince your Garlic Cloves or Scapes in the food processor.
2. Add all other ingredients to the food processor
3. Process until smooth creamy. (you can add a little bit of water as you process to hit the perfect consistency)
4. Spread evenly on your lined tray, you can use dividers to create single servings
5. Pre-Freeze
6. Freeze Dry
7. Powder and Store Appropriately. (See Tips and Tricks for storage help)

Cycle Time: (I did not pre-freeze) In a mixed load (2 trays hummus, 2 trays chips, 1 tray of odds and ends) my time in a Large with a Premier Pump was 31 hours	Rehydration: Add cold water slowly and stir until you reach the right consistency
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Cycle times & rehydration for reference only

* Large Tray = 8 Cups/tray Medium = 6 Cups/Tray Small = 4 Cups/Tray