

Red Lentil Hummus

A nutritious blend of red lentils, tahini, and spices, topped with your favorite garnishes for a delicious dip.

Author Sarah Cobacho (plantbaes.com)



PREP TIME

5 minutes

COOK TIME

15 minutes

TOTAL TIME

20 minutes

Servings 8

Course Dip

Cuisine Middle Eastern-Inspired

Keyword 10 ingredients or less, 20 mins or less, Easy-to-make, garlic, gluten-free, Healthy Snack, lemon, lentils, plant-based, red lentils, tahini, tomato

Ingredients

- 180 g split red lentils
- 45 g tahini
- 30 ml olive oil
- 1 garlic cloves
- 45 ml lemon juice
- 2 g ground cumin
- 2 g sweet paprika
- 3 g sea salt flakes
- 45 g sun-dried tomatoes optional

Instructions

1. Rinse the lentils under cold water until the water runs clear. Add to a small pot, cover with water, and bring to a soft boil. Cook about 10 minutes until mushy.
2. To a food processor, add the cooked lentils, tahini, olive oil, garlic, lemon juice, cumin, paprika, salt, and sundried tomatoes if using. Process until smooth. If you're adding sundried tomatoes or other flavorings, you might want to add a couple of ice cubes or a little ice water (1 tbsp at a time) to thin to your desired consistency.
3. Add your favourite toppings, and enjoy!

Nutritional Information - Per Serving
