Raw Hummus Recipe

How to make the best raw hummus ever!

I wasn’t crazy about raw hummus when I first tried it, I thought the uncooked garbanzo beans gave it a bitter aftertaste. I decided to do my own recipe, and after some experimenting, I am convinced that this is the best raw hummus recipe out there! In fact, I have grown to like this better than any cooked hummus I’ve had.

Ingredients

- 3 cups dry garbanzo beans (soaked, sprouted, and rinsed)
- 4 tablespoons sesame seeds
- 1 lemon, juiced
- 1 lime, juiced
- 4 cloves garlic
- 1 carrot, chopped or shredded
- 1/2 cup oil (olive oil, flax seed oil, and coconut oil blend, equal parts)
- teaspoons sea salt
- 1 teaspoon ground pepper or ground papaya seed
- 2 tablespoons paprika
- 3/4 teaspoon ground cumin
- 3 tablespoons cilantro finely chopped
- jalapeño pepper, ground cayenne pepper, or other spice (or hot sauce) to taste

Instructions



Soak garbanzo beans for 24 hours (drain, rinse, and change water 4 times within the 24-hour period). You may need to soak them longer. The need to be just starting to sprout before you use them. Beans should be barely sprouted. Rinse beans well before using. In a food processor combine all ingredients except oil, and mix well. Add oil slowly until the desired texture is achieved (may need more or less oil than specified).

All ingredients are to taste, so play around and see what you like best. Coconut oil may be a little strange in this recipe to some, but I don't taste it when it's mixed with the flaxseed and olive oil. And the health benefits of coconut oil are why I add it. The flaxseed oil not only has excellent health benefits, it also introduces an additional, distinct nutty flavor to the dish that works well.

If you would like a thinner consistency, or you want to reduce the oil, you can add water.

You can garnish the dish with some cilantro and paprika on top.

Serve with your favorite vegetables and/or chips (raw blue corn kale chips is a recipe I am working on and I'll bet it'll be amazing with this), but make sure you throw in some pear slices! I know what you're thinking, "Pears with hummus? Really?" Yes. I promise you, pears with hummus are simply amazing. You must try it.