



Hemp Seed Hummus

By Eat-spin-run-repeat.com

Ingredients

- 1 can (about 2 cups) cooked chickpeas, rinsed
- 2 tbsp harissa (an African paste made of spices, which you'll find in the ethnic aisle of most large grocery stores)
- 3 tbsp raw hemp seeds, plus more to garnish
- 2 large cloves of garlic
- 1/3 cup lemon juice
- 1 tbsp extra virgin olive oil (or hemp oil, if you have it)
- 1/2 tsp black pepper
- Whole coriander seeds and paprika (optional to garnish)

Instructions

Place all ingredients except for garnishes in a food processor and blend until completely smooth. If necessary, drizzle a little extra lemon juice and olive oil down the processor chute to get things moving.

Transfer to a bowl and top with coriander seeds, hemp seeds, and paprika if desired. Serve with crackers, veggies, or pita wedges, or use the hummus as a spread on sandwiches and wraps.