



Basic 5-Ingredient Hummus – So Easy, So Creamy, So Delicious!

Forget store-bought hummus—this basic 5-ingredient recipe is everything hummus should be: creamy, velvety, irresistibly smooth, and oil free! Whether you're dipping, spreading, or using it as a base for bold flavor variations, this simple homemade hummus is a total game-changer.

While canned chickpeas work in a pinch, nothing beats the texture and flavor of chickpeas cooked in the Instant Pot—trust me, it's worth the extra step! Once you taste this ridiculously easy and versatile recipe, you'll never go back to store-bought again.

Want to see just how easy it is? Watch the full demonstration on YouTube and get ready to fall in love with homemade hummus!

Ingredients

- 2 cups dried chickpeas (or 1-15 oz can)
- 9 ½ cups water, divided
- ½ cup reserved warm bean water (from the Instant Pot or from the can)
- ½ cup tahini (organic, room temperature)
- 3 organic lemons, juiced
- 1 teaspoon garlic powder
- 1 teaspoon sea salt

Instructions

1. Cook the Chickpeas:
 - No need to soak the beans overnight! Simply rinse the dried chickpeas under cold water for about a minute.
 - Add them to the Instant Pot and cover with 9 cups of water (there will be water left in the pot when the beans are done cooking).
 - Secure the lid and cook on high pressure for 60 minutes, then allow the pressure to release naturally (this should take about 30 minutes).
 - Total cook time, including steam release, should be around 90 minutes.
 - Reserve ½ cup of the warm bean water before draining the chickpeas.
2. Start Blending:

- For the creamiest texture, make the hummus while the chickpeas are still slightly warm (but not hot).
 - Add 2 cups of the chickpeas, tahini, and warm bean water to a food processor (put the remainder in an airtight storage container and store in the fridge for a week or freeze for future use).
 - Pulse 5-6 times, then blend continuously for about 4 minutes until mostly smooth.
3. Add Flavor & Finish Blending:
- Add the lemon juice, garlic powder, and sea salt to the blended mixture.
 - Blend again for another 1-2 minutes until the hummus reaches a silky, creamy consistency.
4. Serve & Store:
- That's it—your luxuriously creamy hummus is ready to enjoy!
 - Store in an airtight container in the fridge for up to 5 days.
 - If it thickens in the fridge, simply return it to the food processor and blend with a splash of warm water until it reaches your desired consistency
 - Hummus does not freeze well, as the texture can become grainy and separate when thawed.
 - This is a great base recipe and you can add different veggies to it to make a variety of different Hummus recipes (such as artichoke, roasted red pepper, garlic, sun dried tomato, and so on). Stay tuned for more recipes.

Bon Appétit!