



Hummulishious

Orange-Hummus

for 4

Ingredients:

- 300 g of boiled chickpeas
- 1-2 cloves of garlic
- 2 tbsp. oil
- 2 tbsp. tahini
- 2 tsp. honey
- The juice and zest from 1 lemon
- The juice from and zest 1 orange
- A pinch of salt

How to:

- Grate lemon and orange zest and press the juice from both
- Put all ingredients in a food processor and blend until it has the desired consistency

Tips:

- You can choose to leave out the orange to just get a regular hummus
- Use beet root, broccoli, olives, chili, or any other flavors to the regular hummus base – experiment to find your own favorite version.

Recipe from the Danish cookbook *Flow Food* by Tora Zophia Silverhøj (former Susana Mei Silverhøj)

Get it here: [Flow Food - nem økomad på budget](#)

