

The Pillar Life Hummus

I love this hummus recipe. I've been tinkering with it for the past several weeks. The secret ingredient is the bespoke tahini that is the centerpiece of this deliciousness. I discovered it through a very cool woman I met at a retreat in the desert. Suze Matthews is a rockstar artist who is fascinating for days. She told me about this tahini company her sister cofounded — Seed + Mill. I jumped on the chance to up my hummus game and indeed I have. If you are a *This is Fifty* listener, Seed + Mill will offer you a 25% discount to buy either one of their two tahinis — original and herb until August 19. Visit www.seedandmill.com and use code SEEDFIFTY.

SERVES: 6 to 8

TOTAL TIME: 15 minutes with precooked chickpeas

INGREDIENTS

2 15.5oz cans of chickpeas, drained (reserve liquid)

1/3 cup tahini, with some of its oil — couple extra dollops if you love tahini

1/4 cup extra virgin olive oil, couple extra dollops to smooth things out in the food processor if needed plus a splash for garnish

4 cloves peeled garlic

Juice of 2 lemons

Salt and freshly ground black pepper (I used about 1/2 - 3/4 teaspoon salt to taste)

1 tablespoon cumin and a pinch

1 tablespoon paprika and a pinch plus a sprinkling for garnish

Chopped parsley leaves for garnish

DIRECTIONS

Super important to put your creative cook hat on and taste and season accordingly. Don't be shy. Experiment! Hummus needs to have some ZING! Put the chickpeas, tahini, cumin, paprika, oil, garlic and lemon juice in a food processor, sprinkle with salt and pepper to begin process; add chickpea liquid as needed to produce a smooth purée. Taste and adjust seasoning, adding more salt, pepper or lemon juice as needed. Serve, drizzled with some olive oil and sprinkled with a bit of paprika and some parsley.

