BANGIN SPICES

RECIPE #015

BOLD. FUN. BIG FLAVOR.

GARLIC FREAK

CREAMY GARLIC HUMMUS

CREAMY. DREAMY. GARLICKY. TOTAL VIBE!



10 MINUTES PREP

5 MINUTES BLEND

SERVES 6-8

TAKE ONE! | Add some BANGIN' to your table.

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RECIPE #015

GARLIC FREAK

CREAMY GARLIC HUMMUS

INGREDIENTS

- 1 (15 oz) can chickpeas, drained and rinsed (reserve 2 tbsp liquid)
- 2 tbsp tahini (sesame paste)
- 2 tbsp lemon juice (about 1/2 lemon)
- 2 tbsp olive oil, plus more for drizzling
- 1–2 tsp **BANGIN' Garlic Freak Spice Seasoning** (to taste)
- 1 clove garlic, minced (optional for extra garlic punch)
- 1/4 tsp salt (or to taste)
- 2–4 tbsp cold water (to reach your desired consistency)
- Paprika and chopped parsley for garnish (optional)



TIP: For the creamiest hummus, peel the chickpeas! It makes a big difference.

INSTRUCTIONS

1. Add chickpeas, tahini, lemon juice, olive oil, **BANGIN' Garlic Freak Spice Seasoning**, garlic, and salt to a food processor.
2. Blend until smooth, scraping down the sides as needed.
3. With the processor running, add cold water 1 tbsp at a time until the hummus is creamy and smooth.
4. Taste and adjust seasoning. Add more Garlic Freak if you like it extra bold!
5. Spoon hummus into a bowl and smooth the top.
6. Drizzle with olive oil and sprinkle with paprika and chopped parsley.
7. Serve with veggies, pita, crackers, or use as a spread. *TOTAL VIBE.*

MAKE IT YOURS!

- Extra creamy: add more water.
- Spicy kick: add a pinch of cayenne.
- Roasted garlic: use 1–2 cloves of roasted garlic for a mellow flavor.