



TOTAL TIME

20 minutes

PREP TIME

20 minutes

SERVES

4

COOKING

LEVEL

Easy

RECIPE | TOMATOES

LOADED HUMMUS

WITH CHERRY TOMATOES ON-THE-VINE



INGREDIENTS

For the Toppings

1 cup Pure Flavor® RedRoyals Cherry Tomatoes on-the-Vine, halved
¼ cup feta cheese, crumbled
¼ cup Kalamata olives
¼ cup Castelvetrano olives
¼ cup fresh parsley
¼ cup pine nuts
1 tbsp cayenne pepper
1 tbsp cumin
Extra virgin olive oil as preferred
Additional chickpeas as preferred
2 lime wedges

For the Hummus

30 oz of chickpeas, drained and rinsed
½ cup tahini
¼ cup fresh lemon juice
¼ cup cold water
1-2 medium cloves garlic roughly chopped
½ tsp ground cumin
⅛ tsp cayenne
½ tsp salt

DIRECTIONS

1. In a blender, add all of the hummus ingredients except the toppings. Blend on high until smooth (40-50 seconds).
2. Spread into large bowl or dish and add toppings.
3. Serve with crackers, pita bread, or flat bread.



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