**Pairings for Crackers**

**Traditional Hummus**

Ingredients

½ 14 oz can chickpeas drained and rinsed

1 clove of garlic

15 ml (1 tbsp) tahini paste

20 ml lemon juice

1 ml salt

Method

1. Put all the ingredients in a blender and blend until almost smooth

**Red Pepper Hummus**

Ingredients

½ 14oz tin of chickpeas drained and rinsed

30 ml olive oil

60 ml tahini paste

1 garlic clove

30 ml lemon juice

60 ml roasted red peppers

Method

1. Put all the ingredients in a blender and blend until almost smooth

**Mystery Hummus**

Ingredients

¼ of onion sliced and caramerlized

5 ml oil

1 small clove of garlic

½ -14 oz tin of chick peas drained and rinsed

10 ml madras curry paste

2 ml ground ginger

1 ml cumin seeds

5 ml maple syrup

1-2 ml (1/2 tsp) salt

1. Sauté onions with oil in a small frying pan until softened and golden brown
2. Put all the ingredients in a blender and blend until almost smooth

**Sun-Dried Tomato Hummus**

Ingredients

1 medium head of roasted garlic

30 ml sun-dried tomatoes

15 ml (1 tbsp) olive oil

15 ml (1 tbsp) lemon juice

15 ml (1 tbsp) tahini

½ - 14oz can of chickpeas drained and rinsed

15-30 ml (1-2 tbsp) water to thin

2 ml (1/2 tsp) salt

Method

1. Preheat oven to 425.
2. Peel off the outer layers of the garlic head and cut off the top to expose the tops of garlic cloves. Set on a piece aluminum foil and drizzle with olive oil then wrap up and bake for 35-40 minutes. (until cloves are soft)
3. Once cool squeeze out the cloves.
4. In a food processor blend the sun-dried tomatoes. Then add the remaining ingredients and blend until smooth.

**Indian Artichoke Hummus**

Ingredients

½- tin of canned chickpeas drained and rinsed

1/3 can of artichoke hearts, drained

15 ml (2 tsp) rice vinegar

15 ml (2 tsp) apple cider vinegar

2 ml (1/2 tsp) maple syrup

15 ml (1 tbsp) tamari sauce/soya sauce

10 ml (2 tsp) garam masala

5 ml fresh ginger, peeled and grated

5 ml nutritional yeast

2 ml salt

2 ml pepper

Method

1. Place all ingredients in a food processor and blend until smooth.

**Roasted Sweet Potato Hummus**

Ingredients

1 cup peeled and roasted sweet potato

20 ml olive oil

30 ml tahini past

1 small clove of garlic, finely chopped

20 ml lemon juice

Pinch of salt

½ tin of canned chickpeas drained and rinsed

1. Preheat oven to 400F
2. Carefully wash, peel and chop sweet potato.
3. Toss sweet potatoes in 5 ml of olive oil
4. Roast for 15-20 mins
5. Once sweet potato are roasted, place all ingredients in the blender and blend until smooth.
6. Refrigerate for 4 hours