



Spinach Hummus

🕒 5–10 Min ❤️❤️❤️

Preparation

- 1 First, rinse the chickpeas thoroughly under running water and finely purée the spinach. Ideally, you'll have baby spinach, but frozen spinach works just as well.
- 2 Place the chickpeas, spinach, lemon juice, spices, salt, tahini, olive oil, 2 tbsp of very cold water and 3–4 ice cubes into a high-speed blender or food processor.
- 3 Blend until the mixture is smooth. If necessary, you can add more ice cubes or water.
- 4 Serve the hummus with a little olive oil.

Ingredients 2 Portions

♦ = Kotányi Produkte

1 Can	Chickpeas
	Ice cubes
1 pinch	♦ Pepper Black, Ground
1 tsp	♦ Himalayan Salt
2 tbsp	Lemon juice
1 tbsp	Olive oil
2 tbsp	Tahino
0.5 tsp	♦ Coriander, Ground
100 g	Spinach, finely puréed

