

Spinach Hummus

5–10 Min

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

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.