

Golden Flax Turmeric Hummus

Ingredients

- 1 can (15 oz) chickpeas, drained and rinsed
- 2 tablespoons ground flaxseed
- 2 tablespoons tahini
- 2 tablespoons lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, minced
- ½ teaspoon ground turmeric
- ¼ teaspoon ground cumin
- Salt to taste
- 2–3 tablespoons water (as needed for blending)
- Optional: pinch of black pepper (to enhance turmeric absorption)

Instructions

1. Add chickpeas, ground flaxseed, tahini, lemon juice, olive oil, garlic, turmeric, cumin, and salt to a food processor or blender.
2. Blend until smooth, adding water a tablespoon at a time until desired consistency is reached.

3. Taste and adjust seasoning if needed.
 4. Transfer to a serving bowl and optionally drizzle with a bit of olive oil and sprinkle with paprika or extra flaxseed before serving.
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Benefits

- **Anti-inflammatory:** Turmeric contains curcumin, a powerful anti-inflammatory compound.
- **Digestive support:** Flaxseed and chickpeas are rich in fiber.
- **Heart-healthy:** Rich in plant-based fats and omega-3s from flaxseed.
- **Protein-packed:** Excellent plant-based protein option for meals and snacks.