



4 cups

Preparation Time: 15 minutes

INGREDIENTS:

2 15-oz. cans chickpeas, rinsed and drained (3 cups)

3 cups packed fresh baby spinach

9 cloves garlic, minced

¼ cup tahini

½ cup lemon juice

Sea salt, to taste

8 ice cubes

2 Persian cucumbers, cut into 3-inch sticks

2 stalks celery, cut into 3-inch sticks

1 bell pepper, any color, cut into strips

Fresh Spinach Hummus

Perfectly fluffy and a dreamy shade of green, this delicious spinach **hummus** combines classic hummus ingredients with the earthy goodness of fresh spinach to create a scrumptious spread that's picturesque enough to serve as an appetizer at your next party while still being **kid-friendly**. The secret to getting a light and fluffy texture is to add a few ice cubes when blending—a handy trick to keep in mind for other **hummus recipes**! Serve this stunning oil-free spinach hummus as a dip with pita squares, crackers, or crudités. It's also excellent as a fresh, flavorful spread on **sandwiches or wraps**.

For more inspiration, check out these tasty ideas:

- [Low-Fat Hummus](#)
- [Oil-Free Baba Ghanoush](#)
- [Healthy Chocolate Hummus](#)
- [Chipotle Black Bean Dip](#)

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- 1** Place most of the chickpeas in a high-speed blender, reserving a few for garnish. Add spinach and garlic. Cover and pulse until chickpeas and spinach are almost completely broken down.
- 2** Add tahini, lemon juice, and salt. Cover and pulse to combine. Continue pulsing, adding ice cubes two at a time, until smooth and fluffy. (You may need to scrape down sides of container occasionally.)
- 3** Garnish with reserved chickpeas. Serve with vegetables for dipping.