



Silky Instapot Hummus

This hummus is super easy and so silky smooth you won't believe how good it is. Home-made hummus has so many benefits over store-bought. Less sodium, more fiber, and nutrients, and when it's this easy to make why not! Recipe shared via [@theviewfromgreatisland](#)

Ingredients

Instant Pot beans

1 pound (456 grams, or about 2 heaping cups) dried chickpeas

6 cups water

Hummus Recipe

2 cups cooked chickpeas

2 cloves garlic

1/3 cup tahini (sesame paste)

juice of 1 lemon, you may want less, add half at first and add more to taste

extra virgin olive oil or cold water for thinning

1/2 cup salt to taste

1/4 @Farmfreshnuts toasted pine nuts

2 tsp olive oil

Instructions

Rinse the chickpeas and put them in the Instant Pot. Add the water, it should cover the beans by 1 inch. Close and lock the lid, and set the vent to the sealed position.

Follow your Instant Pot instructions for cooking. When done wait 10 minutes

Toast pine nut slightly to a nutty brown.

For hummus; put 2 cups of the cooked beans into a blender or food processor along with the garlic cloves.

Pulse beans to break up. Add the tahini, and lemon juice and run the machine until it becomes a smooth paste. Drizzle in some olive oil or cold water to thin. Run until the hummus is super smooth.

Turn the hummus out into a bowl and season with salt to taste, and add more lemon if you like.

To serve, drizzle the hummus with more oil, and garnish with the pine nuts. Serve with pita bread or pita chips.