

Things I like to eat: Hummus

Want to get healthy eat Hummus



One disclaimer here is that I am half middle eastern, but I never had hummus as a child. I discovered it because of its health benefits when I got older and loved it because of its great taste and versatility. I even make my own, which is pretty simple to do. I use hummus as a veggies dip and as a spread on sandwich wraps. Combine with a whole grain source, like a whole wheat wrap, it becomes a complete protein. It is packed with vitamins and minerals. Research has linked hummus and its ingredients to a variety of impressive health benefits, including helping fight inflammation, improving blood sugar control, better digestive health, lower heart disease risk, and even weight loss. It is made from cooked, mashed chickpeas, blended with tahini, olive oil, lemon juice, and spices. It is very easy to make. Typically jarred tahini has the spices added so you just need the first three ingredients in the right amount and then blend away. Raw or cooked chickpeas and hummus also contain dietary bioactives such as phytic acid, sterols, tannins, carotenoids, and other polyphenols such as isoflavones, whose benefits may extend beyond our basic nutrition requirements. Consumers of chickpeas and/or hummus have been shown to have higher nutrient intakes of dietary fiber, polyunsaturated fatty acids, vitamin A, vitamin E, vitamin C, folate, magnesium, potassium, and iron as compared to non-consumers. Isn't that interesting. Hummus consumers have also been shown to have higher Healthy Eating Index 2005 (HEI-2005) scores. [Study](#). The consumption of hummus and/or its respective ingredients has been shown to improve postprandial glycemic control, fasting lipids, appetite control, and daily food intake compared to other commonly consumed foods. [Study](#).

Some of the researchers' findings revealed an overall better diet quality of chickpea/hummus consumers because they had lower intakes of added sugars, total fat, and cholesterol. Consumers also had lower body weight, waist circumference, and body mass index. [Research](#)

What is tahini? Made of three ingredients: hulled sesame seeds, oil and sometimes salt.

Easy Homemade Hummus: Just Blend these ingredients

1. 1/2 cup tahini (roasted, not raw)
2. 1/4 cup extra virgin olive oil (plus more for garnishing)
3. 2 garlic cloves, mashed and roughly chopped.
4. 2 (15-ounce) cans of chickpeas (garbanzo beans), drained.
5. 1/4 cup lemon juice, freshly squeezed.
6. 1/2 cup water.
7. 1/2 teaspoon salt.