BEAN-LESS SUNFLOWER SEED & BLACK GARLIC HUMMUS

Recipe by: Lindsey Love | Dolly and Oatmeal

- *black garlic can be hard to come by. if you can't find it, and you don't mind another step, roast a head of garlic and use 2-3 cloves. and if you don't want another step, simply use 1 clove regular garlic*.

| m*akes just over 2 cups hummus* |

- 1 cup raw sunflower seeds, soaked overnight (or at least 4 hours), drained and rinsed
- 1/2 cup tahini
- 2-3 tablespoons lemon juice (from 1 large lemon, or 2 small lemons)
- 4 cloves black garlic (1-2 cloves regular garlic, roughly chopped)
- fine sea salt
- fresh ground pepper
- filtered water, to thin

optional garnishes:

- za'atar
- extra virgin olive oil
- a pinch of flaky sea salt
- herb flowers

method

1. combine the seeds, tahini, 2 tablespoons lemon juice, garlic, salt (i start with about 1 teaspoon, and add more later if needed), a couple grinds of pepper, and 1/2 cup water in the container of a high-speed blender (if you don't have a blender, a food processor will do, but the hummus will not have a silky smooth texture). whiz everything together on high, scraping down the sides of the blender as you go. add more water as needed to get everything blended and smooth.
2. once it's blended to your desired consistency (i tend to like it a bit on the thinner, silkier side), taste and adjust the salt, and lemon juice, if needed.
3. scrape the hummus into an air-tight container and store in the refrigerator for up to 3-4 days.
4. serve with a sprinkle of za'atar, a swirl of olive oil, a pinch of flaky sea salt, and herb flowers to garnish. grilled or toasted bread is optional, but very much preferred ;)