

*The Daring Explorers of Alternative and Creative Foods {DECAF} Share*



## Alternative Hummus

*with the Lorna Sundberg International Center*

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### **Ingredients**

sesame seeds or cashews, for tahini  
garlic  
chickpeas or edamame  
lemon or lime juice  
cilantro, parsley, or mint  
olive oil  
flavors: coconut milk, wasabi, etc.  
raw vegetables for dipping: bell  
peppers, celery, etc.

### **Ingredients**

$\frac{3}{4}$  cups whole wheat flour  
 $\frac{3}{4}$  cups all-purpose flour  
 $\frac{1}{4}$  cup wheat bran  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  cup canola oil  
 $\frac{1}{2}$  -  $\frac{2}{3}$  cup water  
1 Tbs honey  
4 Tbs Sesame seeds

### **Hummus**

#### **Instructions**

Grind sesame seeds in food processor until they form a paste. Peel one clove garlic and add to the food processor. Drain and rinse chickpeas, and add. Process until smooth and creamy. Add citrus juice and herb leaves, and blend. Add olive oil or water as needed to make hummus thinner.

### **Wheat Crackers**

#### **Instructions**

Preheat the oven to 350-375 degrees F.

In a medium bowl, stir together the whole wheat flour, all-purpose flour, wheat bran, and teaspoon salt. Pour in the vegetable oil, honey, and water; mix until just blended, and knead in the sesame seeds.

On a lightly floured surface, roll out the dough as thin as possible - no thicker than  $\frac{1}{8}$  inch. Place dough on three ungreased baking sheets, and mark squares out with a knife, but don't cut through.

Bake for 20-30 minutes in the preheated oven, or until crisp and light brown. Baking time may be different depending on how thin your crackers are. When cool, remove from baking sheet, and separate into individual crackers.

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