

# MISO TAHINI HUMMUS + BAGEL CHIPS

Making your own hummus at home is quick, easy and allows for you to customize the flavors for exactly what you love. This hummus incorporates one of my favorite savory ingredients, miso. Miso is a fermented soybean paste that has incredible umami, salty, and slightly sweet flavors. It is also rich in beneficial bacteria as it is a fermented food. Enjoying miso in this uncooked preparation keeps those good-guy bacteria alive and able to provide their best benefits when consumed. It may not be very traditional, but I absolutely love the combo of miso + tahini, or sesame seed paste. The unique flavors of miso perfectly pair with the toasty, earthy and rich notes of tahini. Enjoy these delicious flavors together in this savory, energy-rich hummus scooped up with easy homemade crispy, crunchy bagel chips.

total prep time: 25 minutes | servings: 6 | vegan



## INGREDIENTS

### bagel chips

2 savory bagels (everything, sesame, garlic, etc.)  
1 tbs olive oil  
1/2 tsp Kosher/flaky salt

### hummus

15 oz can chickpeas, rinsed + drained  
6 tbs tahini  
1/4 cup water  
2 tbs apple cider vinegar  
4 tsp light/white miso  
1 tsp garlic, minced/grated  
1/2 tsp black pepper  
1/4 tsp Kosher/flaky salt  
sesame seeds (optional)

## DIRECTIONS

Heat oven to 400°F (200°C).

Slice bagels crosswise into rounds about 1/4" thick. Place on a sheet pan and season with the olive oil and salt evenly. Lay out in a single layer for even cooking. Place pan in the oven on a middle rack and cook until golden and crisp, about 10-12 minutes. Remove from the oven and let cool.

Optional: Take several minutes to pinch off the skins from the chickpeas if you want velvety smooth hummus.

Place all hummus ingredients in a food processor. Blend, scraping down as needed, until the mixture is totally smooth.

Add a bit more water if needed for smooth texture. Plate hummus and top with sesame seeds if desired. Enjoy hummus with the bagel chips.

Notes: Store unused hummus in an airtight container in the fridge for up to a week. This hummus can be enjoyed with other types of chips, crackers or veggies if preferred.