

Edamame Hummus

Ingredients

1 small garlic clove, minced
3 fresh basil leaves, chiffonade
80 g edamame in the pods – for 1/2 cup shelled edamame
1/3 cup chickpeas, drained and rinsed
2-4 green olives, pitted and sliced
1/2 lemon, juiced
1/8 tsp pepper
1/4 cup olive oil

2/3 cup all-purpose flour
1/4 tsp onion powder
1/4 tsp garlic powder
1 sprig rosemary, chopped
1/4 tsp smoked paprika
1/4 cup cold water
1 tsp honey
28 g butter, cold
Pinch of sea salt

Instructions

1. Preheat oven to 400 degrees.
2. Line a baking sheet with parchment paper.
3. Measure flour, herbs, and spices into medium sized mixing bowl.
4. Using fingers or a butter knife, cut cold butter into dry mixture. This means to break butter into small (pea sized) pieces that are evenly distributed throughout the flour.
5. Combine water and honey or maple syrup and sprinkle about half of this mixture over flour/butter mixture. Use a spoon to combine gently.
6. Add remaining water, 1 teaspoonful at a time until everything is just combined, and dough is beginning to come together and can be pressed into a ball.
7. On a lightly floured surface, use a rolling pin to roll the dough very thin.
8. Use a knife or cookie cutter to cut dough into pieces and carefully lift them onto a lined baking sheet.
9. Sprinkle with sea salt and bake until light golden brown, rotating tray in oven once or twice during baking to ensure even cooking. Crackers will bake for anywhere between 10-25 minutes.
10. To make the edamame hummus cook the shelled edamame in a pot of hot water for 2 minutes, then peel to release the pods.
11. Place the cooked edamame pods, chickpeas, garlic, basil, lemon juice, salt, pepper, green olives and olive oil in a blender. Blend until a chunky smooth hummus is created.
12. Serve the hummus with the crackers and enjoy!