



## Hummus (Vegan) Puree Diet

Makes approximately 3.5 cups of hummus (28 oz.)

### Ingredients:

1 25- to 29-oz. can chick peas (also known as garbanzo beans or ceci beans), drained, liquid reserved

4 Tbsp tahini, may be labeled as 'taheen' if purchased in middle eastern market

5 Tbsp extra virgin olive oil

3 large cloves garlic, peeled

¼ cup lemon juice

⅛ teaspoon ground cumin

½ teaspoon salt

1 teaspoon fresh ground black pepper

### Method of Preparation:

1. Gather all the ingredients and equipment
2. Drop garlic cloves into food processor and pulse a few times to chop
3. Add drained chick peas and all the remaining ingredients. Start the food processor, if the hummus starts to 'ball up' during blending, stream in some of the reserved chick pea liquid (up to ¼ - ½ cup) to thin it out. Let the food processor run for 1-2 minutes, stop it and scrape down the sides so that everything combines well. Taste it at this point and see if you need more salt/pepper or lemon, add if necessary and then let the machine run until hummus is smooth and creamy.

### Puree stage diet friendly reminder:

- First week: Start out eating 1 oz. puree food at a time
- Slowly advance up to about 3-4 oz. at a time by week #4

### Tips:

1 oz. = 2 tablespoons

Homemade hummus will generally last anywhere from 1-2 weeks.

How to freeze hummus:

1. Use a freezer-safe container: Make sure that the seal is airtight. Fill the container but leave a little room at the top because it expands as it freezes. Try not to freeze more than 8 ounces in one container, so that it will thaw more evenly when you move it from the freezer to the fridge.
2. Preserve moisture: Pour a teaspoon layer of olive oil over the top of the hummus. This will keep your hummus from drying.
3. Freeze up to 4 months
4. Prepare to thaw: The day before you want to eat it, move it from the freezer to the refrigerator.
5. Stir it up: Once the hummus has thawed, stir it up! Freezing hummus can naturally separate the oils and solids, so give it a good stir before eating!
6. Enjoy!



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Recipe courtesy of Kimberly Maloomian, RD, LDN prepared in collaboration with Viviane Fornasaro-Donahue, MS, RDN, LDN