



Hummus and dips

by Green Kai

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Miso-glazed Eggplant Dip

PREP: 15 MINS | COOK: 30 MINS | TOTAL: 45 MINS

It's savory yet has a very subtle layer of sweetness, and its texture is incredibly smooth.

You have to try it!



INGREDIENTS:

- 1 medium-sized eggplant
- Big pinch of salt

Marinade:

- 1 Tbsp sesame oil
- 2 Tbsp mirin (sub for rice wine vinegar)
- 2 Tbsp white miso paste
- 1 Tbsp raw sugar
- 1 tsp of grated ginger

Dip:

- 2 garlic cloves
- ½ cup of cashews
- ½ cup of chickpeas
- 3 Tbsp olive oil
- ½ peeled lemon
- 1 Tbsp of water (add more water if needed)
- ½ tsp salt or more to taste

- White and black sesame seeds to garnish

INSTRUCTIONS:

1. Preheat the oven to 200 °C. Prepare the ingredients: slice the eggplant into 1-1 ½ cm-thick slices and score a diamond pattern in the flesh of the eggplant (see the video). Place eggplant slices on a baking tray, sprinkle with salt, and set aside.
2. In a medium bowl, combine sesame oil, mirin, raw sugar, miso paste, and ginger.
3. Using a paper towel, pat the eggplant to dry, and using a brush, spread ¾ of the marinade over the eggplant slices. Keep ¼ of the marinade for garnish.
4. Place eggplant slices in the oven and bake for 30 minutes.
5. Remove from the oven and set aside for 10 minutes to cool. Set aside 3 of the smallest eggplant slices for garnish; chop them into bite-size pieces (about 1 cm).
6. In a food processor, place: chickpeas, cashews, garlic cloves, olive oil, lemon, water, and eggplant.
7. Blitz until smooth; taste and add salt and pepper to taste.
8. Place the eggplant dip in a bowl or onto a plate and garnish with chopped pieces of eggplant, the remaining marinade, and sesame seeds.
9. Assemble the platter. I paired this eggplant dip with carrots, cucumbers, edamame beans, brazil nuts, crackers, and apricots.





Onion & Spinach Dip

PREP: 15 MINS | COOK: 30 MINS | TOTAL: 45 MINS

Can you believe it's made of tofu? You will be surprised by how creamy and delicious it is! It's the perfect plant-based appetizer to enjoy with friends and family.



INGREDIENTS:

- 2 Tbsp vegan butter
- 3 brown onions, sliced
- 2 cups of baby spinach
- 1 garlic clove, minced
- 1 pack of natural/silken tofu
- ½ cup of plant milk
- 1 Tbsp onion powder
- 1 tsp nutritional yeast
- 1 tsp Worcestershire sauce 1 tsp soy sauce
- 1 tsp salt ¼ tsp pepper

INSTRUCTIONS:

1. Prepare the ingredients. Slice the onions and mince the garlic.
2. In a large pan, melt the butter over medium heat. Add the sliced onions and let them cook, stir occasionally.
3. Once the onions are starting to brown, sprinkle with salt and mix well. Let them cook for another 20 to 25 minutes, until brown and soft.
4. Incorporate the minced garlic and continue cooking for 2-3 more minutes, until fragrant.
5. Add baby spinach and let it wilt.
6. Turn the heat off.
7. In a food processor, place tofu, onion powder, Worcestershire sauce, soy sauce, nutritional yeast, plant milk, salt, and pepper.
8. Blend until smooth.
9. Pour the creamy mixture over the onion and spinach and mix well until all the ingredients are combined.
10. Serve with your favorite chips (I love to serve this dip with salt & vinegar chips), crostini, or flatbread.





Vegan Cheese Dip

PREP: 15 MINS | COOK: 25 MINS | TOTAL: 40 MINS

It smells and tastes exactly like real queso dip, and the best part is that no dairy is required! In fact, it's packed with the good stuff - vegetables, hemp hearts, and hemp oil.



INGREDIENTS:

- 2 medium potatoes
- 1 cup cauliflower florets
- ½ cup nutritional yeast
- ¼ cup hemp hearts/ seeds
- 1 clove of garlic
- 1 tsp salt
- A pinch of turmeric powder
- 1/3 cup of soy milk
- 2 Tbsp hemp oil /extra virgin olive oil
- 1 tsp apple cider vinegar

Garnish:

- 1 medium tomato (chopped)
- 1 handful of fresh coriander (chopped)
- Corn chips to serve

INSTRUCTIONS:

1. Peel the potatoes and chop them into quarters, cut the cauliflower florets, and boil them together in salty water until tender.
2. Drain and cool the potatoes and cauliflower to room temperature.
3. Place them in the blender. Add nutritional yeast, hemp hearts, garlic clove, salt, turmeric, soy milk, hemp oil, and apple cider vinegar. Blend until smooth and creamy.
4. Garnish with chopped tomato and coriander, and serve with your favourite corn chips.





Loaded Guacamole

PREP: 15 MINS | COOK: 10 MINS | TOTAL: 25 MINS

It's very fresh and flavorful, with beautiful textures of crunchy pepitas and vegetables balancing the smoothness of the avocados.



INGREDIENTS:

- 3 large ripe avocados
- 2 medium tomatoes (diced)
- 1 red onion (chopped)
- 1 jalapeño - seeded and diced
- 2 cloves of garlic (minced)
- 2 Tbsp of coriander (chopped)
- Juice from 1 lime
- Salt to taste

Bacon Pepitas (roasted pumpkin seeds):

- 1 cup pumpkin seeds
- 1 Tbsp soy sauce
- 1 Tbsp maple syrup
- 1 Tbsp avocado oil
- ½ tsp smoked paprika
- ½ tsp onion powder
- ¼ tsp garlic powder
- A small pinch of chili powder (optional)

INSTRUCTIONS:

1. Preheat the oven to 160 °C.
2. In a medium bowl, mix pumpkin seeds with soy sauce, maple syrup, oil, smoked paprika, onion, and garlic powder. Bake for 5 minutes, stir, and bake for another 5 minutes. Let it cool for a few minutes.
3. While the pepitas are in the oven, prepare the vegetables for the guacamole: mash the avocados, chop and dice the vegetables. Prepare the garnishes.
4. In a medium bowl, place the mashed avos, chopped vegetables, lime juice, and salt. Mix well, and transfer to the serving bowl.
5. Garnish with: 1/3 cup of cherry tomatoes (cut into quarters), 1 Tbsp of diced jalapeño, 1/4 cup of corn kernels, and bacon pepitas.
6. Serve with tortilla chips.





Baba Ganoush

PREP: 20 MINS | COOK: 40 MINS | TOTAL: 60 MINS

If you had to choose between hummus and baba ganoush, which one would you go with? It's a hard question, isn't it?



INGREDIENTS:

- 2 eggplants
- 1 tsp extra virgin olive oil to brush the eggplant
- ½ lemon juice
- 1/3 cup tahini paste
- 2 garlic cloves (peeled)
- 1 tsp cumin
- 1 tsp salt

INSTRUCTIONS:

1. Prepare all the ingredients. Preheat the oven to 200°C. Halve the eggplants lengthwise and score the flesh sides in a crisscross pattern, without cutting the skin. Brush with oil.
2. Place on a baking tray and bake for 40 minutes.
3. Remove the eggplant from the oven and leave it aside to cool.
4. With a tablespoon, scoop out all the eggplant filling, discarding the skin. Drain the excess juice.
5. In a food processor, place the eggplant, garlic, tahini, lemon juice, salt, and cumin; blend until smooth.
6. Serve baba ganoush with extra-virgin olive oil and the seasoning of your choice. I used dried capsicum and black sesame seeds.





Mediterranean Bean Dip

PREP: 5 MINS | COOK: 0 MINS | TOTAL: 5 MINS

It's smooth and creamy, and thanks to the oregano, it tastes so fresh and light. Give it a go; I know you will love it!



INGREDIENTS:

- 1 can of kidney beans / 1 ½ cups of cooked beans
- 4-5 sundried tomatoes
- 1 Tbsp oil from the tomatoes
- 1 tsp sweet paprika
- 1 tsp oregano
- ½ tsp onion powder
- ½ - 1 tsp salt
- Pepper to taste

INSTRUCTIONS:

1. Soak and cook kidney beans, or otherwise drain and rinse canned kidney beans.
2. Place all the ingredients in a food processor or blender and blend until smooth, about 2-3 minutes.
3. It tastes best when chilled for 1+ hours in the fridge.
4. Serve with bread, crackers, and/or fresh vegetables. Garnish with bell pepper flakes or chilli flakes.





Muhammara-inspired Hummus

PREP: 10 MINS | COOK: 35 MINS | TOTAL: 45 MINS

This muhammara-inspired hummus is so vibrant and flavorful thanks to roasted capsicums. It has a unique texture – smooth combined with the subtle crunch of roasted walnuts.



INGREDIENTS:

- 2 medium red capsicums/bell peppers
- Olive oil and salt to roast
- 1/2 cup crushed toasted walnuts + 1 Tbsp to garnish
- 1 can of chickpeas/ 1 ½ cups of cooked chickpeas
- ¼ cup hemp oil /extra virgin olive oil
- 1 tsp balsamic vinegar
- 2 cloves of garlic
- 2 Tbsp lemon juice
- 1 tsp salt
- 1 tsp sweet paprika
- 1/2 tsp ground cumin

Garnish:

- 1 tsp red pepper flakes
- 1 Tbsp roasted walnuts
- 1 Tbsp chopped parsley

INSTRUCTIONS:

1. Preheat the oven to 200 °C. Prepare the ingredients. Cut the capsicums in half.
2. Place the capsicum on a baking tray. Sprinkle with salt and drizzle with olive oil. Place the tray in the oven and roast for 35 minutes.
3. Meanwhile, dry roast the walnuts.
4. Remove from the oven and set aside to cool. Remove the skin from the roasted capsicum.





Artichoke Hummus

PREP: 10 MINS | COOK: 0 MINS | TOTAL: 10 MINS

This hummus reminds me of summers in Spain, it's packed with beautiful and fresh flavours.

Suitable for making a dressing by combining with water until the desired consistency is reached.



INGREDIENTS:

- 1 ½ cups of cooked chickpeas/ 1 can of chickpeas
- 170g of quartered and marinated artichokes
- 2 garlic cloves
- Juice from ½ lemon
- 2 Tbsp tahini paste
- 1 Tbsp olive oil (I used herb infused)
- ½ tsp salt + more to taste, if needed
- ½ cup of ice-cold water

INSTRUCTIONS:

1. If using dried chickpeas, soak them overnight and cook until soft. Let them fully cool.
2. In a food processor, place: chickpeas, artichokes (leave 2 for the garnish), garlic cloves, lemon juice, tahini paste, olive oil, salt, and water.
3. Blend until very smooth and creamy.
4. Serve immediately topped with sliced artichokes, chopped sundried tomatoes, chopped parsley, olive oil, roasted seeds, and cracked pepper.
5. Serve with your favourite crackers, fresh vegetables like carrots and cucumber, pita bread, and breadsticks.
6. Squeeze a little bit of lemon juice on top and enjoy!

Garnish:

- 4 sundried tomatoes, chopped
- 2 Tbsp of chopped parsley
- 2 quarters of artichoke (sliced)
- Cracked pepper
- Extra virgin olive oil.
- Roasted seeds - I used my Everything Avo Toast seasoning





Olive Tapenade Hummus

PREP: 10 MINS | COOK: 0 MINS | TOTAL: 10 MINS

If you like olives, you are going to love this Tapenade-inspired hummus. It's such an amazing combination of flavors.



INGREDIENTS:

- 1 can chickpeas
- ½ cup pitted kalamata olives
- 2 Tbsp capers
- 1 Tbsp hemp oil/ extra virgin olive oil
- Juice from 1 lemon (approx. 2-3 Tbsp)
- 1 heaped Tbsp tahini
- 1 tsp cumin powder
- 1 cup ice cubes for extra creaminess

Garnish:

- fresh basil
- pomegranate
- chopped olives

INSTRUCTIONS:

1. Place all the ingredients in a food processor or blender and blend until smooth.
2. Serve with toasted baguettes, pita bread, breadsticks, or anything else you desire.





Caramelized Onion Hummus

PREP: 10 MINS | COOK: 45 MINS | TOTAL: 55 MINS

This may not be the quickest hummus recipe, but it's so worth that extra effort, and if you haven't tried caramelizing onions before, it's easier than you think.



INGREDIENTS:

Caramelized onion:

- 1 Tbsp extra virgin olive oil
- 5 medium yellow onions
- Big pinch of salt
- 1 tsp raw sugar
- 2-3 Tbsp of water
- 1 Tbsp balsamic vinegar

Hummus:

- 1 ½ cups cooked chickpeas / 1 can of chickpeas
- 2 Tbsp tahini
- 1 clove of garlic
- ½ tsp cumin
- ¼ tsp cayenne pepper
- ½ tsp salt
- 1 Tbsp hemp oil /extra virgin olive oil
- ¼ cold water

INSTRUCTIONS:

1. Cut the onion in half and slice.
2. Warm the olive oil in a large frying pan over medium heat. Add onions and fry on medium heat for 10 minutes. Add salt and sugar and mix. Continue to fry, stirring every few minutes (not too frequently, but make sure the onions aren't burning). If the onion is drying or burning, lower the heat or add a few tablespoons of water. The whole process takes 30 to 40 minutes, so be patient.
3. Once the onions are evenly brown, add balsamic vinegar and fry for another 10 minutes.
4. In a food processor, place 2/3 of the caramelized onion, chickpeas, garlic, tahini, cayenne pepper, cumin, salt, hemp oil, and water. Blend until smooth.
5. Assemble the hummus in a bowl and top with the remaining caramelized onion and diced parsley.





Classic Hummus

PREP: 15 MINS | COOK: 45 MINS | TOTAL: 60 MINS

Whipping up this beautiful, full of flavor, and super creamy hummus takes about 5 minutes, so there's no excuse; next time you get a craving for some hummus, make it yourself. It tastes so much better.

Suitable for making a dressing by combining with water until the desired consistency is reached.



INGREDIENTS:

- 1 can chickpeas / 1½ cups of cooked chickpeas
- 1-2 garlic cloves
- 1 Tbsp tahini
- 2 Tbsp of lemon juice
- 1 Tbsp extra virgin olive oil
- ¼ cup of ice-cold water/ 2-3 ice cubes
- ½ - 1 tsp cumin powder
- ½ tsp salt

INSTRUCTIONS:

1. Place all the ingredients in the blender or food processor and blend until smooth, - 2-3 minutes.
2. Transfer it to a bowl and top with your favourite toppings. I used pumpkin seeds, sesame seeds, garlic herb salt, and bell pepper flakes.
3. Drizzle with some extra virgin olive oil (optional) and serve with some fresh veggies, bread sticks, crackers, or whatever else you desire.

Notes: Feel free to add some spices to it, e.g., 1 tsp of Moroccan seasoning or 1 tsp of sweet paprika - experiment and make it your own.





Beetroot Hummus

PREP: 15 MINS | COOK: 45 MINS | TOTAL: 60 MINS

Beetroot hummus is my favorite. It's packed with gorgeous flavor, has a lovely, vibrant color, and an amazingly smooth texture.



INGREDIENTS:

- 1 medium beetroot
- 1 ½ cups cooked chickpeas / 1 can of chickpeas
- ¼ cup extra virgin olive oil
- 1 clove of garlic
- 1 heaped Tbsp tahini
- Juice from ½ medium lemon
- ½ tsp cumin powder
- ½ tsp salt
- Pepper
- 1 Tbsp cold water

INSTRUCTIONS:

1. Bring a medium pot of water to a boil and add a big pinch of salt.
2. Wash and brush the beetroot to remove all dirt. Boil for approx. 45 minutes or until soft (pinch with a fork to check).
3. Drain the beetroot and let it cool.
4. In a food processor, place beetroot, chickpeas, olive oil, garlic clove, tahini paste, lemon juice, cumin powder, salt, pepper, and cold water.
5. Blend until smooth, approximately 2 minutes.
6. Assemble the plate: spread hummus evenly, place sliced cucumber and some fresh herbs, sprinkle with olive oil, and garnish with your favourite nuts or seeds (I used roasted cashews).
7. Serve with pita bread, fresh vegetables, or as a spread for wraps and sandwiches.





Green Goddess Hummus

PREP: 10 MINS | COOK: 0 MINS | TOTAL: 10 MINS

This homemade hummus recipe is very easy and quick to make, yet so flavorful, and that's thanks to fresh herbs: parsley, mint, and rocket.



INGREDIENTS:

- 1 can/ 1 ½ cups of cooked chickpeas
- ¼ cup tahini
- ¼ cup lemon juice
- ¼ cup hemp oil /extra virgin olive oil
- 4 cloves of garlic
- 1 Tbsp cumin
- ½ tsp sweet paprika
- 1 tsp of salt
- 2-3 Tbsp ice cold water
- 1 - 1 ½ cup of fresh herbs (I am using a mix of mint, parsley, and rocket/arugula)

INSTRUCTIONS:

1. Prepare the ingredients: Cook the chickpeas, or rinse if using canned. Rinse the fresh herbs. Peel the garlic. Squeeze lemon juice.
2. In a food processor, place: chickpeas, tahini, lemon juice, hemp oil, garlic cloves, cumin, sweet paprika, salt, fresh herbs, and water. Blend for 2-3 minutes, or until smooth.
3. Move the hummus into a bowl and garnish with more hemp oil, cumin powder, bell pepper flakes, and fresh herbs.
4. Assemble the platter with your favourite plant-based snacks..



*I hope you enjoy these
hummus and dips recipes
and follow for more.*



Aga

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