

Creamy Blueberry Hummus: The Sweet & Savory Snack You'll Crave

Creamy Blueberry Hummus: A Sweet, Tangy Twist on Your Favorite Dip ??



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5 min

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INGREDIENTS

- 1 can (15 oz) chickpeas, drained and rinsed
- 1 cup blueberries, fresh or frozen
- 2 tbsp maple syrup
- 1 tbsp lemon juice
- 1 tsp vanilla extract
- Pinch of salt

DIRECTIONS

1. Prep Ingredients: Drain and rinse your chickpeas. If using frozen blueberries, let them thaw slightly.
2. Blend: In a food processor or high-powered blender, combine:
3. Chickpeas
4. Blueberries
5. Maple syrup
6. Lemon juice
7. Vanilla extract
8. Salt
9. Blend until smooth and creamy. Scrape down the sides as needed.
10. Taste and Adjust: Taste your hummus-add more lemon juice for tang, syrup for sweetness, or a pinch more salt to balance flavors.
11. Serve: Scoop into a bowl and serve immediately, or chill for a thicker consistency.

TIPS FOR SUCCESS

Blend well : Keep blending until it's ultra-smooth.

You can add 1-2 tbsp water for a lighter texture.

Chill before serving : For best flavor, let it rest in the fridge for 30 minutes before serving.

Don't skip the lemon : It brightens the flavor and helps preserve the color.

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