

Georgia Peanut Hummus

Smooth, nutty, and satisfying — classic hummus with a Georgia peanut twist.

Ready in under 10 minutes with pantry staples.

Category: Grab & Go / Sauce · Peanut Product: Peanut Butter & Peanut Oil · Yield: ~2 cups

INGREDIENTS

Ingredient	Amount
Chickpeas, canned (drained, liquid reserved)	1 can (15 oz)
Unsweetened all-natural peanut butter	3 tbsp
Tahini (or sunflower seed butter*)	2 tbsp
Peanut oil	2 tbsp
Garlic cloves	2 cloves
Lemon juice, fresh	2 tbsp
Ground cumin	1 tsp
Smoked paprika	1/2 tsp
Kosher salt	3/4 tsp
Black pepper	1/4 tsp
Reserved chickpea liquid (aquafaba)	2–4 tbsp
Smoked paprika + peanut oil (to finish)	to garnish

INSTRUCTIONS

- 1. Prep the chickpeas:** Drain the can and reserve the liquid (aquafaba). For an ultra-smooth hummus, peel the skins off the chickpeas by pinching each one — this step is optional but worth it.
- 2. Blend the base:** Add chickpeas, peanut butter, tahini, garlic, lemon juice, cumin, smoked paprika, salt, and pepper to a food processor. Blend for 1 minute.
- 3. Emulsify:** With the processor running, slowly drizzle in peanut oil. Add reserved chickpea liquid 1 tbsp at a time until the hummus reaches a smooth, creamy consistency. Blend 2–3 minutes total for best texture.
- 4. Taste and adjust:** Taste and adjust salt, lemon, or garlic as needed. Add a pinch more cumin or smoked paprika for extra depth.
- 5. Plate and finish:** Transfer to a serving bowl. Use the back of a spoon to create a swirl on top. Drizzle with peanut oil and dust with smoked paprika. Serve immediately or refrigerate up to 5 days.

NOTES

*Tahini substitute:

If tahini is unavailable, sunflower seed butter is the closest swap — neutral flavor, same consistency. Toasted sesame oil (1 tsp) can also stand in for a lighter sesame note.

Texture tip:

The aquafaba (chickpea liquid) is the secret to a light, airy hummus. Don't skip it — it makes a noticeable difference over water.

Serving ideas:

Pairs well with warm pita, sliced cucumbers, carrots, or celery. Works great as a sandwich spread or grain bowl base.

K-12 / Foodservice scaling:

Scales easily in a commercial food processor. Pre-portion into 2 oz cups for grab-and-go. Shelf life of 5 days refrigerated.

■ Allergens: Peanuts · Tree Nuts (tahini/sesame) · Gluten (if served with pita)