



# Mustard Hummus with Cream Cheese

NIBBLEDISH CONTRIBUTOR

## Ingredients

1 14 oz can of chickpeas, drained and rinsed  
juice of 1/2 lemon  
1 tbs tahini  
2-3 cloves garlic  
about 3 tbs vegetable stock/water/juice from chickpeas  
1/2 tbs olive oil  
8 oz reduced fat cream cheese  
1/2 tsp salt  
1 tbs stone ground mustard  
1 tsp white wine vinegar

## Instructions

If you like stone ground mustard, you will love this creamy and spicy hummus.

It might seem like a lot of cream cheese, but it is needed to balance the strong flavor of the mustard.

In a tall container, combine all ingredients and puree with an immersion blender. Be sure to puree for a few minutes to ensure maximum creaminess.

Top with a drizzle of olive oil and serve with hard pretzels.