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.