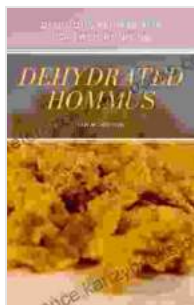


# Dehydrated Hummus: The Ultimate Guide to Delicious, Lightweight Hiking Food



## Dehydrated Hommus: Delicious recipes for lightweight hiking

★★★★★ 5 out of 5

Language: English

File size : 7009 KB

Lending : Enabled



For backpackers and hikers seeking nutritious and lightweight trail food, dehydrated hummus is a culinary game-changer. This versatile foodstuff offers a wealth of benefits for outdoor enthusiasts, including:

- **Nutrient-rich:** Hummus is packed with protein, fiber, and essential vitamins and minerals, making it an excellent source of energy on the trail.
- **Lightweight and compact:** Dehydrated hummus is incredibly light and takes up minimal space in your backpack, allowing you to carry more food without weighing yourself down.
- **Easy to prepare:** Simply rehydrate with water and enjoy. No cooking required!
- **Versatile:** Hummus can be eaten on its own, as a dip for vegetables, as a spread on sandwiches, or as an ingredient in other dishes.

## Dehydrating Hummus: Step-by-Step Instructions

Dehydrating hummus is a simple process that can be done with a few basic ingredients and equipment.

### Ingredients:

- 1 can (15 ounces) chickpeas, drained and rinsed
- 1/2 cup tahini
- 1/4 cup lemon juice
- 2-3 cloves garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

### Equipment:

- Food processor or blender
- Dehydrator
- Parchment paper
- Spatula

### Instructions:

1. **Make the hummus:** Combine all ingredients in a food processor or blender and process until smooth and creamy. 2. **Spread the hummus:** Line the dehydrator trays with parchment paper and spread the hummus evenly over the trays in a thin layer (about 1/4 inch thick). 3. **Dehydrate:** Dehydrate the hummus at 125°F (52°C) for 8-10 hours, or until the hummus is completely dry and brittle. 4. **Break into pieces:** Break the

dehydrated hummus into small pieces and store in an airtight container until ready to use.

## **Rehydrating Dehydrated Hummus**

To rehydrate dehydrated hummus, simply add water. For a dip consistency, use 1 part water to 1 part hummus. For a spreadable consistency, use 2 parts water to 1 part hummus. Stir until well combined and enjoy!

## **Delicious Hummus Recipes for Hiking**

Here are a few mouthwatering hummus recipes to inspire your next hiking adventure:

### **Roasted Red Pepper Hummus**

- 1 can (15 ounces) chickpeas, drained and rinsed
- 1/2 cup roasted red peppers
- 1/4 cup tahini
- 1/4 cup lemon juice
- 2-3 cloves garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

### **Spinach and Feta Hummus**

- 1 can (15 ounces) chickpeas, drained and rinsed
- 1 cup fresh spinach
- 1/2 cup feta cheese, crumbled

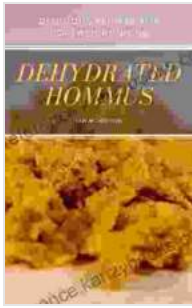
- 1/4 cup tahini
- 1/4 cup lemon juice
- 2-3 cloves garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

### **Sun-Dried Tomato and Basil Hummus**

- 1 can (15 ounces) chickpeas, drained and rinsed
- 1/2 cup sun-dried tomatoes, chopped
- 1/4 cup basil leaves, chopped
- 1/4 cup tahini
- 1/4 cup lemon juice
- 2-3 cloves garlic, minced
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Dehydrated hummus is an indispensable food for backpackers and hikers seeking lightweight, nutritious, and delicious trail food. By following these simple instructions, you can create your own dehydrated hummus and enjoy its many benefits on your next outdoor adventure.

So, pack your dehydrated hummus, hit the trails, and experience the joy of easy, healthy, and flavorful hiking food!



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