

Mango Hummus

Sweet and tropical mango hummus made with chickpeas, fresh mango, and aromatic spices. A healthy vegan dip perfect for snacks and appetizers.

5 min

PREP

1h

COOK

1h 5min

TOTAL

2

SERVINGS

Easy

DIFFICULTY

Ingredients

- 1 mango
- 1 cup chickpea
- 1 clove garlic
- 1 tbsp olive oil
- 1 tsp mustard
- 1 tsp paprika
- 1 tsp turmeric
- 1 tsp salt
- 1 tsp black pepper
- 1 wheat tortilla

Instructions

1 Prepare the chickpeas

Drain and rinse 1 cup of canned chickpeas under cold running water for 30 seconds. Pat completely dry with paper towels and remove any loose skins that come off easily.

2 Peel 1 mango and cut the flesh into 1-inch chunks, discarding the pit. You should have about 1 cup of mango pieces.

3 Make the hummus

Add mango chunks to a food processor and process for 60-90 seconds until completely smooth with no visible pieces remaining.

- 4 Add the dried chickpeas, 1 clove of garlic, 1 tablespoon lemon juice, 1 teaspoon olive oil, 1 teaspoon cumin, 1 teaspoon paprika, 1 teaspoon salt, and 1 teaspoon black pepper to the food processor with the mango.
- 5 Process for 2-3 minutes, stopping twice to scrape down the sides with a spatula, until the mixture is completely smooth and creamy with no grainy texture.
- 6 Taste and adjust seasoning by adding more salt, lemon juice, or spices as needed. Add 1-2 tablespoons of water if the hummus is too thick.
- 7 Transfer to a serving bowl, cover with plastic wrap, and refrigerate for at least 30 minutes to allow flavors to meld before serving.

Tips

Use perfectly ripe mangoes that yield slightly to pressure and smell fragrant at the stem end for the best flavor and natural sweetness.

If using dried chickpeas, save some cooking liquid to adjust the hummus consistency - it adds more flavor than plain water.

Peel chickpeas after cooking for the silkiest texture by rubbing them in a clean kitchen towel to remove the loose skins.

Taste and adjust seasonings after blending, as mango sweetness varies - you may need extra lemon juice or salt for balance.

Chill the hummus for at least 30 minutes before serving to allow flavors to meld and achieve the best texture.

Drizzle olive oil on top before storing to prevent the surface from forming a skin in the refrigerator.

Serve at room temperature for the best flavor - remove from refrigerator 15 minutes before serving and stir gently.