

Protein Hummus Dip: High-Protein Mediterranean Classic

Cottage cheese and ice water create a silky smooth high-protein finish



PREP
10 min

TOTAL
10 min

SERVES
4 people

CALORIES
215 kcal

Ingredients

- 5 g garlic, peeled
- 400 g garbanzo beans, drained and rinsed
- 120 g cottage cheese, at room temperature
- 60 ml tahini
- 30 ml fresh lemon juice
- 4 g ground cumin
- 4 g salt
- 30 ml ice water, approximately 8–10 ice cubes
- 15 ml extra-virgin olive oil
- 5 g paprika, for garnish (optional)

Instructions

1. Mince the garlic: Place the peeled garlic in the bowl of a food processor. Pulse until the garlic is finely minced. This ensures you avoid large, raw chunks of garlic in the final dip.
2. Combine the base: Add the drained garbanzo beans, room-temperature cottage cheese, tahini, lemon juice, cumin and salt to the processor. Ensure everything is evenly distributed before starting the motor.
3. Blend until smooth: Process the mixture on high speed. Scrape down the sides of the bowl as needed. Continue until the texture is completely smooth and uniform.
4. Emulsify with water: Slowly drizzle in the ice water while blending in small increments. Stop when the dip reaches a silky, pourable consistency. The cold water helps create a lighter, creamier emulsion.

5. Adjust the seasoning: Taste the hummus now. Add a pinch more salt or a splash of lemon juice if the flavours need more balance. Seasoning at the end allows you to account for the saltiness of the beans.
6. Garnish and serve: Transfer the dip to a serving bowl. Drizzle the olive oil over the surface and sprinkle with paprika. Serve immediately with warm pita wedges, sliced cucumber, carrot sticks and whole-grain crackers.

Notes

What goes wrong and why Grainy textures occur when chickpea skins remain in the blend. You will spot this by small, grey flecks in the dip. Peel the chickpeas before processing to remove these skins. This step ensures the mixture emulsifies fully into a smooth, creamy consistency instead of remaining coarse.

What to serve with it Serve this dip with warm pita wedges, sliced cucumber, carrot sticks and whole-grain crackers. You can create a colourful topping bowl by adding chopped red onion, chopped cucumber, dial-topped olives and a dusting of paprika. Use it as a spread on grilled chicken or fish wraps for lunch.

Storing and reheating Keep the dip in a covered bowl at room temperature for no longer than 2 hours. For longer storage, transfer it to an airtight container and freeze for up to 2 months. Thaw the container overnight in the fridge and stir the mixture well before serving to restore the texture.