



FERMENTED BASE INSTRUCTIONS

For chickpeas, black beans, and cashews

BRINE

INGREDIENTS

For Hummus and Black Bean Dips:

- 1 can chickpeas or black beans (or 1 pint cooked from dried)
- 1/2 Tbsp non-iodized salt
- 1 cup filtered water

For Cashew Dip

- 1 pint unsalted cashews
- 1/4 Tbsp non-iodized salt
- 1 cup filtered water

DIRECTIONS

1. Fill a pint-sized mason jar with your base ingredient (chickpeas, black beans, or cashews), leaving 1 inch of headspace.
2. Prepare the brine by dissolving the salt into the water and pour it over the base ingredient.
3. Give it a gentle mix to remove any air bubbles.
4. Use a fermentation weight (see note) to keep the base submerged.
5. Top off with more filtered water if necessary to reach the top of the jar.
6. Add an airlock (see note), and jar ring.
7. Store on your counter at room temperature for 4-7 days, or until you see some bubbles.
8. Once fermented, proceed to the recipe!

NOTES

Weight: If you don't have a fermentation weight, you can use a cabbage leaf or a small ziplock bag filled with water. The goal is to keep the base fully submerged in the brine.

Airlock: If you don't have an airlock, use a regular lid and loosen it daily to release pressure, then retighten.



FERMENTED HUMMUS

With roasted garlic

INGREDIENTS

1 pint jar fermented chickpeas
1 head of roasted garlic
1/4 cup tahini
1 tsp onion powder
1 tsp cumin
1/4 cup reserved ferment brine (plus more to reach desired consistency)

DIRECTIONS

1. Slice off the top of the garlic head to expose the cloves. Drizzle with olive oil and wrap in foil.
2. Roast at 400°F for 30–40 minutes, or until soft and golden brown. Let cool, then squeeze the roasted garlic out of the skins.
3. Strain the chickpeas, reserving the brine.
4. In a food processor, blend the chickpeas, roasted garlic, tahini, and spices with 1/4 cup of the reserved brine.
5. Blend for 3–4 minutes, adding more brine until you reach your desired consistency.
6. Taste and adjust with a pinch of salt or additional spices, if desired.

NOTES

-Store the hummus in a sealed container in your refrigerator for up to one week.

-Top it with some toasted pine nuts or your favorite seasonings if you'd like! I love Everything Bagel!

-If garlic isn't your thing, swap it for another roasted vegetable like red peppers or poblanos. Even a cup of sun-dried tomatoes is delicious!



FERMENTED CASHEW DIP

With roasted red peppers

INGREDIENTS

- 1 pint jar fermented cashews
- 2 roasted red bell peppers
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- 2 tbsp reserved ferment brine (plus more to reach desired consistency)

DIRECTIONS

1. Cut the red bell peppers in half. Roast them skin-side up at 400°F for 15 minutes or until the skins are charred.
2. Let them cool, then peel off the skins.
3. Strain the cashews, reserving the brine.
4. In a food processor, blend the cashews, peppers, and spices along with 2 tablespoons of the brine.
5. Add more brine as needed until you reach your desired consistency.
6. Taste and adjust with a pinch of salt or additional spices, if desired.

NOTES

- Store the dip in a sealed container in the refrigerator for up to one week.
- Just like with the hummus, feel free to swap out the roasted red pepper with any other roasted vegetable you love.
- This dip is delicious in a wraps, sandwich, or as a dip for crackers and veggies.



FERMENTED BLACK BEAN DIP

With roasted jalapeños

INGREDIENTS

1 pint jar fermented
black beans
1-2 roasted jalapeños
1 tsp cumin
1 tsp paprika
1 tsp garlic powder
1 tsp onion powder
2 Tbsp reserved
ferment brine (plus
more to reach desired
consistency)

DIRECTIONS

1. Cut the jalapeños in half and remove the stems and seeds. Roast them skin-side up at 400°F for 10 minutes or until the skins are charred.
2. Let them cool, then peel off the skins.
3. Strain the black beans, reserving the brine.
4. In a food processor, blend the black beans, roasted jalapeños, and spices with 2 tablespoons of the reserved brine.
5. Add more brine as needed until you reach your desired consistency.
6. Taste and adjust with a pinch of salt or additional spices, if desired.

NOTES

- Store the dip in a sealed container in the refrigerator for up to one week.
- This dip is a perfect pairing for chips and salsa or on top of nachos! If adding it to your nachos, wait until after heating to add the dip, as heat can kill many of the beneficial bacteria (probiotics) from fermentation.
- Roasted poblanos make a great swap if you prefer a milder dip.