

Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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Lemony Hummus

Ingredients:

2 1/2 cups cooked garbanzo beans (or one 19 oz can)
1/4 cup lemon juice
1/3 cup tahini
2 tablespoons olive oil
1 teaspoon cumin
salt and pepper to taste
1 tablespoon cilantro (optional)
1 clove garlic (optional)

Directions:

1. Process all ingredients in a food processor until smooth.
2. Refrigerate until ready to use.
3. Serve with fresh veggies or whole grain crackers (like Mary's Organic Gluten Free seed crackers)