

GARLIC HUMMUS

gluten & dairy free

serves 12

- 15 oz can GARBANZO BEANS, rinsed & drained
- JUICE FROM 1 LEMON
- 2 cloves GARLIC, grated
- 1/2 tsp CUMIN, GROUND
- 1/4 cup OLIVE OIL, EXTRA VIRGIN, unrefined
- SEA SALT AND PEPPER TO TASTE

Add all ingredients into a blender or food processor. Blend until smooth, adding additional olive oil if needed for desired consistency. Serve room temperature or chilled with a drizzle of olive oil, flake sea salt and cracked pepper. Serving size: about 2 - 3 Tbsp.

Great with grilled or fresh veggies of your choice!

NUTRITION INFO PER SERVING: Calories 80, Total Fat 5g, Saturated Fat 1g, Cholesterol 0mg, Total Carbohydrate 7g, Dietary Fiber 3g, Sugars 0g, Protein 2g