

HOMEMADE HUMMUS



2-3 Tbsp
olive oil



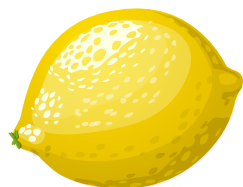
1 1/4 tsp
sea salt



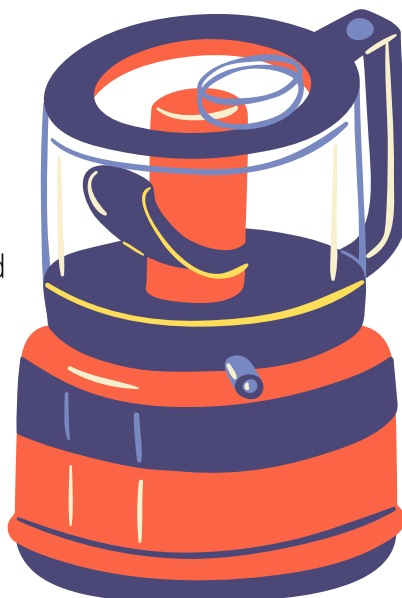
1 can garbanzo beans,
rinsed and drained= 1 1/2 cups
*reserve some liquid to mix in if needed



3 Tbsp Tahini
(ground sesame paste)



3 Tbsp
fresh squeezed lemon juice



1-2 garlic cloves

Blend all ingredients in a food processor.

Enjoy hummus with your favorite pita chips or veggies!

Hummus Variations- add any one of the following:

- 1 cup roasted beets, peeled and quartered
- 1 cup roasted carrots and 1 tsp cumin
- 1 cup roasted eggplant pulp (skin removed) and smoked paprika for garnish
- 1 cup roasted sweet potato and 1 tsp cinnamon
- 1 cup roasted butternut squash and 1 tsp rosemary
- 1 cup loosely packed carrot top greens- may need to add 2-3 Tbsp water for creaminess
- 1 roasted green garlic bulb and stem and 1-2 Tbsp fresh parsley