

Silky & Smooth Hummus

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Here is a delicious and easy Hummus recipe, just perfect for your blender. Enjoy with fresh vegetables and your favorite crunchy crackers!

Ingredients:

1 can Organic Garbanzo beans, rinsed well (or using raw beans, soaking overnight and letting them sprout)
1 can Organic Great Northern beans, rinsed well (or using raw beans, soaking overnight and letting them sprout)
1/2 cup of Tahini (Sesame Seed Paste) *you can usually find this in with the nut butters.
1/2 cup of Warm Water
*1/3 cup of Cold Pressed Extra Virgin Olive Oil or 1/3 Cup of Coconut oil (gently melted)
Juice of 2 to 3 organic Lemons (to taste)
4 or more organic Garlic Cloves (to taste)
1 1/2 tsp. of sea salt
2 tsp. of ground Cumin
***Fresh Dill 2-3 TBSP.

Prepare:

Blend together in a blender, beans, tahini, warm water, olive oil and juice from 1 lemon. Scrape sides of blender and then add in garlic, salt, cumin and pepper and blend again. You can add more seasoning for your own taste preference. Store your Hummus in a container in refrigerator and enjoy. The recipe makes 1 large quart.

***If you use Coconut Oil in place of the Olive oil, it will harden when you store it in the refrigerator. Simply heat up on 50% and enjoy. I personally enjoy warm hummus, just a personal preference and a fun way to use Coconut oil.

Recipe originated from the Silver Palate Cookbook. I always enjoy experimenting and recreating recipes.