

White Bean Hummus

Yield : 3-5 Servings

Ingredients :

1 Can White Beans, drained and rinsed
1/4 Cup Tahini
1/3 Cup Lemon Juice
2 Tablespoon Olive Oil
1 Small Garlic Clove
Salt To Taste

Directions :

1. Drain and rinse white beans and add to food processor
2. Add remaining ingredients to food processor
3. Blend until desired consistency
4. Add ingredients as necessary to alter flavor

Note: If you do not have a food processor, you can blend hummus manually with a mortar and pestle or in a mixing bowl with a fork.

