

BLACK BEAN HUMMUS



READY IN **35 MIN**

16 SERVINGS

This versatile, high-protein, garlicky hummus can be used as a great dip for fresh vegetables or homemade French fries, whole-grain tortilla chips, pita bread, or as a sandwich spread.

DIRECTIONS

1. Drain and rinse the beans.
2. In a food processor, add the beans, tahini, garlic, lime juice, cumin, and blend until completely smooth and creamy.
3. Season with sea salt and pepper to taste. If the mixture is too thick, add water or lime juice, one teaspoon at a time, until you reach your desired consistency.
4. Serve immediately.

INGREDIENTS

1 can black beans (15-ounce)
¼ cup tahini
1 clove garlic minced
1 tablespoon fresh lime juice
½ teaspoon ground cumin
2 tablespoons chopped cilantro
sea salt to taste
freshly ground pepper to taste

NOTES

Refrigerate in an airtight container for up to five days. A high-speed blender or hand mixer may also work.