



Kickin' Kale Hummus

PREP:
15 min

COOK:
0 min

YIELDS:
3 cups

INGREDIENTS

- 3 cups drained garbanzo beans (fresh cooked or 2 x 15 oz cans)
- 1 cup garbanzo bean liquid (or water, if you didn't save it)
- 1/4 cup lemon juice (preferably from freshly juiced whole lemons)
- 1+ raw garlic clove(s) - the more, the merrier!
- 1/3 cup tahini (sesame seed butter)
- 3 leaves kale (about a handful - bonus points for red kale)
- 1 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 1/2 teaspoon cayenne powder
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon ground black pepper (helps turmeric effectiveness)

INSTRUCTIONS

1. Blend all ingredients in a blender or food processor until smooth.
2. Serve immediately with fresh veggies or whole grain crackers, or refrigerate to enjoy later.
3. Makes a great lunch or snack!

