



Garden Herb Hummus

Yield: 3 cups

Ingredients:

- handful of fresh herbs: (usually combo of 3 different herbs: parsley, thyme, basil, mint, oregano)
- 1 garlic clove
- zest and juice of one lemon
- 1, 15 ounce can of garbanzo beans, rinsed and drained
- 2 tbsp. tahini
- red pepper flakes, optional
- 1 tbsp olive oil
- 1 tsp salt

Directions: *For best results, use a food processor or a blender

1. Add garbanzo beans, herbs, garlic, lemon and tahini to a food processor. Blend for a few minutes until combined.
2. Drizzle in olive oil. Add salt and extra seasonings to taste. Blend until smooth and creamy.
3. Serve with vegetables and/or pita chips/crackers