



White Bean Hummus with Rosemary

Yield: Makes 2 cups

Ingredients:

- 1, 15 oz can organic white beans (cannellini or great northern), rinsed and drained
- 2 garlic cloves, peeled
- 2 tbsp. organic cold pressed olive oil
- 2 tbsp. tahini
- juice of 1 lemon, about $\frac{1}{4}$ cup
- 1 tbsp. fresh rosemary, finely chopped. Can also use 1 drop Rosemary essential oil* or 2 tsp dried rosemary
- 1 teaspoon sea salt

Directions:

1. Add beans, garlic, tahini, lemon juice, olive oil, rosemary and salt to a food processor or Vita Mix and blend until smooth.
2. Adjust any seasonings to taste. Add water if needed for desired thickness.
3. Chill in refrigerator about 30 minutes. Serve with sliced vegetables and flax crackers.

*For best results, I recommend dōTERRA, a safe, pure and effective essential oil.