



## White Bean Hummus with Rosemary

**Yield:** Makes 2 cups

### **Ingredients:**

- 1 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 (or two drops of lemon essential oil\*)
- 1 drop Rosemary essential oil\* or 2 tsp. dried/1 tbsp. fresh rosemary, finely chopped
- 1 teaspoon sea salt

### **Directions:**

1. Add beans, garlic, tahini, lemon juice, olive oil and salt to a food processor and blend until smooth.
2. Stir in 1 drop of rosemary essential oil (or stir in dried/fresh rosemary, if using)
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.