

BLACK BEAN HUMMUS RECIPE

- 1 can (425g) chick peas
- 1 can (425g) black beans
- 3 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 teaspoon sesame oil
- 1/4 teaspoon ground cumin
- 2 tablespoons fresh parsley, chopped
- 2 cloves garlic, finely chopped
- Pita bread or raw vegetables



- Drain black beans and chick peas and reserve liquid.
- Put all ingredients in a blender (except reserved liquid), cover and pulse-blend until finely chopped.
- Add enough of the reserved liquid to reach the desired consistency. Cover and put in fridge for about 2 hours or until chilled.
- Serve with wedges of pita bread or raw vegetables for dipping.

Makes 16 Servings

Serving Size: 60g

nutrients per serving

calories:	73
total fat:	2 g (31% of calories)
saturated fat	trace
cholesterol:	0 mg
sodium	162 mg
carbohydrate:	10 g (54% of calories)
protein:	3 g (15% of calories)
fiber:	3 g

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