

Hummus EDIBLE ENERGY

Ingredients

2- 15 oz. cans garbanzo beans
4 tablespoons tahini
4 tablespoons lemon juice
2 garlic cloves, minced
¼ teaspoon ground cumin
½ teaspoon ground salt
¼ teaspoon black pepper
Tabasco-a few dashes
Cold water
2 tablespoons olive oil (optional)



- Rinse garbanzo beans, put in a food processor with tahini, lemon juice, garlic, cumin, salt, pepper, tabasco process to a smooth paste.
- With the food processor running add water until your hummus is fluffy with an ultra-smooth consistency.
- Top with paprika and a drizzle of olive oil

Serve with fresh cut vegetables: carrots, cucumbers, peppers, others of your choosing.

Calories: 190

Serving size: ¼ cup