



Green Garbanzo Hummus

Prep time: 5 minutes

Cooking time (beans): 5 minutes

Yield: 1 ½ cups

- 1 bag frozen green garbanzo beans
- 3 tablespoons lemon juice
- 2 tablespoons tahini
- 1 clove garlic
- ½ teaspoon ground cumin
- ¼ teaspoon fine sea salt
- pinch cayenne pepper

1. Cook beans according to package directions. Drain and run under cold water to cool.
2. Place beans, lemon juice, tahini, garlic, cumin, salt, and cayenne in the bowl of a food processor and process until smooth. (Add a bit of water if thinner consistency is desired.)
3. Chill until ready to serve.

This recipe adapted from Whole Foods "Health Starts Here."



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