



TRADITIONAL HUMMUS

I love this with carrots for dipping and it is so healthy! Baked pitas chips are also delicious! You must have a food processor to do this recipe.

Add the first four ingredients into the processor and process adding the olive oil in a steady stream. Add the salt and pepper to taste! Refrigerate until service!

TUSCAN WHITE BEAN

Replace garbanzo beans with cannellini beans, replace the tahini with fresh chopped rosemary.

EDAMAME HUMMUS

Replace garbanzo beans with shelled edamame, replace tahini with roasted almonds!

Yield: 6 servings
Prep time: 10 minutes
Can be made 3 days ahead!

1 can Garbanzo Beans, drained and rinsed
1/3 cup Lemon Juice
2 TBSP Tahini or Peanut Butter
2 cloves Garlic
1/4 cup Olive Oil
Salt and Pepper to taste

Hope you have enjoyed this Savory Secret!

P.O. Box 7933, Hilton Head Island, S.C. 29938-7933
843-785-4646 www.ChristinesCatering.com