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Wellness Ideas for Everyday Living.

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Lemony Spinach Hummus

Ingredients:

2 1/2 cups cooked garbanzo beans (or one 19 oz can)

1/4 cup lemon juice

1/3 cup tahini

2 tablespoons olive oil

1 teaspoon cumin

salt and pepper to taste

1/2 cup fresh spinach

1 clove garlic (optional)

Directions:

1. Process all ingredients in a food processor until smooth.
2. Refrigerate until ready to use.
3. Serve with fresh veggies or whole grain crackers (like Mary's Organic Gluten Free seed crackers)