



Hummus: Let Us Dip

Ingredients:

2-3 cloves garlic
1 (15 ounce) can garbanzo
beans (chickpeas), drained and
liquid reserved
2-3 tablespoons smooth natural
peanut butter
A handful of fresh or dried
parsley leaves

Lemon or lime, zested and
juiced
Pinch black pepper, freshly
ground
Pinch salt
2 tablespoons or less extra-
virgin olive oil

Directions:

Chop the garlic finely in a food processor. Add the beans and $\frac{1}{2}$ of the reserved liquid and process finely or to a desired consistency. Add the peanut butter, parsley lemon/lime zest and juice, black pepper and salt. Process until it forms a paste. Drizzle in the olive oil and process until it reaches the consistency of mayonnaise.

Serve as a dip with whole-wheat pita chips, carrot sticks, lettuce, celery, bell peppers, zucchini or any raw vegetables.