



Recipes

Snacks

Hummus

Prep Time: 15 minutes

Yield: 4 servings

Ingredients:

2 cups raw chick peas or canned
6 cups water
1 tablespoon Grapeseed Oil
1½ cups finely chopped onions
¾ cups finely diced carrots
5 large cloves of garlic, minced
1 cup tahini
2 tablespoons gluten free tamari
½ cup lemon juice
1 teaspoon cumin
¼ teaspoon cayenne
½ teaspoon sea salt

Directions:

1. Soak Chick Peas overnight, if using fresh.
2. Bring to a boil and simmer covered 2 to 3 hours or until tender.
3. Heat oil in frying pan, then add onions carrots and garlic, saute until browned and tender.
4. Drain chick peas and mash.
5. Add sauteed veggies and remaining ingredients and mix thoroughly.