

Herbal Legacy Recipes

Hummus

This is a great recipe for summer to dip all those fresh veggies from your garden or put in a pita pocket.

INGREDIENTS:

- 1 - 16 oz. can of garbanzo beans...
or (ideally) 2 Cups sprouted/low heated garbanzo beans
- 1 clove garlic minced
- ½ tsp sea salt
- 1 T. olive oil
- 1 tsp lemon juice
- 2 T. - ¼ Cup water from canned beans or low heated beans (just enough to blend together).



DIRECTIONS:

1. Blend in blender until creamy and thick.
2. Serve with sprouted whole grain pita bread and stuff with veggies. Some favorites are sliced cucumbers, bell peppers, tomatoes, romaine lettuce, red onions, spouts, and avocados.

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