

10 Days of Healthier

CILANTRO JALAPEÑO HUMMUS WITH VEGETABLES AND PITA CHIPS

1 – 15 oz. can of garbanzo beans (chick peas), drained (save a few beans for garnish)

¼ cup tahini

¼ cup lime juice

2 tablespoons of roughly chopped cilantro

1 small jalapeño or serrano roughly chopped

1/4 to 1/3 cup extra virgin olive oil

2 cloves garlic

Salt & pepper

Place garlic, lime zest, chili pepper, cilantro in food processor. Puree until smooth, add tahini olive oil, salt . Puree until smooth. & pepper in the bowl of a food processor. Puree until smooth. Add Garbanzo Beans, water, olive oil, lime juice and puree until smooth. Taste and adjust seasoning. You may need more lime juice, jalapeño, cilantro, or olive oil depending on personal preference. Garnish with a few garbanzo beans, chopped cilantro, lime juice, and extra virgin olive oil.

Serve hummus with Mary's Gone Cracker, cucumbers, carrots, celery, radishes, snap peas, and bell peppers. Or whatever you have on hand.