

Black Bean Hummus

Ingredients:

- 1 can organic black beans *
- 2 tbsp lime juice
- ½ onion sliced
- ½ clove garlic
- 2 tspn olive oil (or 1 tbsp olive and 1 tbsp flax oil)
- 1 tbsp tahini or sesame paste
- 1 tspn cumin powder (or more to taste)
- salt to taste

1. Rinse black beans. Place into food processor along with other ingredients.
2. Blend in food processor until smooth.
3. Serve with either corn chips or veggies or pita wedges

* organic beans have only water and some salt. Others add a lot more salt and EDTA and other preservatives

