

BLACK BEAN HUMMUS



Serves: 8
Prep: 5 mins
Cook: 0 mins



Nutrition per
serving:
91 kcal
4g Fats
9g Carbs
4g Protein



WHAT YOU NEED

- 1x15 oz. (400g) can black beans, keep the water from the can
- 1 garlic clove, minced
- 2 tbsp. olive oil
- 2 tbsp. tahini
- 2 tbsp. lime juice, or more
- ½ tsp. cumin
- ½ tsp. salt
- ¼ tsp. cayenne pepper

WHAT YOU NEED TO DO

In a food processor, blend until smooth ¼ cup of water from the can of black beans with garlic, olive oil, tahini, lime juice, and spices.

Add the black beans and blend for another 1-2 minutes, until creamy and smooth.

Serve as a dip with fresh vegetables or crackers.

Store in a sealed container in the fridge for up to 1 week.

