



Serves: 8
Prep: 5 mins
Cook: 0 mins



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



GF DF
LC MP
V Q



BLACK BEAN HUMMUS

INGREDIENT

- 4 cups (250g) black beans, keep the waterseparately
- 1garlic clove, minced
- 2 tbsp. olive oil
- 2 tbsp. tahini
- 2 tbsp. lime juice
- ½ tsp.cumin
- ½ tsp.salt
- ¼ tsp. cayenne pepper

PREPARATION

In a food processor, blend 1/4 cup of water from the can of black beans with garlic, olive oil, tahini, lime juice, and spices, until smooth.

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.

Nutritional tip: You can use any type of beans to make this hummus

