



Serves: 8  
Prep: 5 mins  
Cook: 0 mins



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



# BLACK BEAN HUMMUS

## INGREDIENT

- 4 cups (250g) black beans, keep the water separately
- 1 garlic 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

