



THE ORIGINAL HUMMUS

INGREDIENTS:

2 cans organic garbanzo beans, drained and rinsed ** save Aquafaba (Bean liquid)

¼ cup - ½ cup aquafaba to get the desired consistency

¼ cup fresh lemon juice

¼ cup tahini

1 teaspoon garlic powder

1 teaspoon sea salt

INSTRUCTIONS:

1. Place all ingredients, starting with ¼ cup of aquafaba in Vita-Mix
2. Process until smooth, using tamper as needed
3. Add more liquid to get the desired consistency
4. Can add additional Garlic, and or Cilantro, Jalepeno, Bell pepper or any spice which suits your taste buds

Will keep in refrigerator for at least a week and can also be frozen, just stir well after thawing.