



520-544-6603



Sherry's Cilantro Jalapeno Humus

INGREDIENTS

14 oz (400g) canned garbanzo beans or use fresh that you have prepared

½ cup tahini (100% sesame paste)

1 cup chopped fresh cilantro

1-3 chopped jalapenos (depending on your desired hotness)

¼ cup extra virgin olive oil

¼ cup fresh lime or lemon juice

1 tsp sea salt 1 tsp granulated garlic or 3 cloves garlic - roughly chopped

1 tsp cumin

METHOD

PLACE all ingredients in a food processor or blender and process until smooth, scraping the sides occasionally.

Tip: Prepare extra quantities of this hummus—it can be refrigerated, covered, for up to 1 week and frozen for up to 3 months.



Sherry's Mediterranean Humus

INGREDIENTS

14 oz (400g) canned garbanzo beans or use fresh that you have prepared

2 cloves garlic—roughly chopped

¼ cup lemon juice

¼ cup water

½ cup tahini

1 teaspoon sea salt

METHOD

PLACE all ingredients in a food processor or blender and process until smooth, scraping the sides occasionally.

Variations: If you like a spicier hummus, add a small red chili (chopped) or a pinch of cayenne pepper, or try a little cumin for a more exotic variation.