

Please be advised that not all of the recipes are appropriate for all people.
If you have specific dietary restrictions and are unsure if a recipe works for you, please contact us.

Traditional Hummus

[The Real Food Diet Cook Book, by Dr. Josh Axe]

Ingredients:

- 2 cans garbanzo beans
- ¼ cup raw sesame seeds
- 1 tbsp olive oil
- ¼ cup lemon juice
- 1 garlic clove, peeled
- 1 tsp cumin
- Sea salt to taste

Directions:

- Drain and rinse garbanzo beans, reserving ¼ cup liquid
- Place all ingredients in a blender and blend. Add more water or olive oil until desired consistency is reached.