



White Bean Hummus

INGREDIENTS

4 cloves roasted garlic
2 cups cooked white beans
1/4 cup tahini
1 1/2 lemons
1 tsp chili flakes
Black pepper, ground
Water
Sea salt, pinch (optional)

METHOD

1 First, roast the garlic if using roasted garlic. Drain the cooked white beans. Juice the lemons.

2 Add the roasted garlic (or raw garlic) to a food processor and blend until finely minced.

Add the white beans, tahini, lemon juice, chili flakes, freshly ground black pepper, water, and sea salt if using. Blend until smooth and thick.

Serve as a spread for wraps or sandwiches.

TIPS & ADDITIONAL INFORMATION

You can substitute the roasted garlic with 2 cloves of raw garlic if needed.