



Lentil Hummus

Ingredients:

1 cup Fieldstone Organics Lentils

2-3 garlic cloves (minced)

4 tbsp lemon juice

2 tbsp minced fresh cilantro

1 tbsp tahini

Pinch ground cumin

Sea salt to taste

Procedure:

Simmer the lentils in 2 cups of boiling water until soft, drain and cool.

Blend all ingredients together to a smooth consistency.

