



## ***Sprouted Three Lentil Hummus***

*A change from traditional chickpea hummus this sprouted lentil hummus offers more texture. A little extra planning involved in sprouting the lentils a few days in advance but well worth the time. Sprouted grains and legumes are easier to digest and allow us to better absorb their vitamins and minerals. The best part...their sweet and juicy crunch.*

*2 cups of freshly sprouted lentils. A blend of Fieldstone Black, French Green & Green lentils. If you start with 2 tbsp of each, per jar at the time of sprouting you will yield enough for one recipe*

*¼ cup freshly squeezed lemon juice*

*¼ cup tahini*

*1 clove minced garlic*

*2 tbsp olive oil*

*½ - 1 teas kosher salt*

*½ tsp ground cumin*

*2 -3 tbsps water or veggie broth*



*Combine in food processor and serve.*

