



Flaxen Hummus

Ingredients:

2 Tbsp. fresh ground flaxseed
¼ cup warm water
2 cups cooked Garbanzo Beans or 1 each 15 ounce can, drained
¼ cup fresh lemon juice
2 Tbsp. Tahini
2 cloves garlic, chopped
Pinch black pepper
½ tsp. ground cumin
Pinch cayenne pepper
1 to 2 Tbsp. Tamari or Bragg liquid aminos

Procedure:

In a small bowl, combine stabilized ground flaxseed and water and let soak 10 minutes.

In a food processor, combine beans, lemon juice, Tahini, garlic, black pepper, cumin, cayenne, Tamari, and soaked flax; process until smooth.

If you don't have Tamari or Bragg's on hand, you may substitute soy sauce or ½ tsp. salt.

