



GOLDEN DOOR®

HUMMUS

YIELD: 5 CUPS (38 - 2 TBSP SERVINGS)

INGREDIENTS

4 cups cooked garbanzo beans
½ cup tahini
¼ cup lemon juice
½ cup olive oil
3 Tbsp water
1 clove garlic
Salt and pepper to taste
1 Tbsp of spice blend

Spice Blend:
2 Tbsp fennel seed
2 Tbsp coriander
¼ tsp paprika
1/8 tsp cayenne
¼ tsp turmeric

PREPARATION

Toast off fennel and coriander, grind spices in a grinder or mortar and pestle.

Combine all spices and set aside.

Put all ingredients, by order listed above, into food processor and blend until smooth.

Adjust seasonings to taste.

Nutrition per 2 Tablespoon serving: 80 calories, 2 grams protein, 6 grams carbohydrate, 5 grams fat, 0 grams saturated fat, 0 mg cholesterol, 0 mg sodium, 91 mg potassium, 1 gram sugar, 2 grams dietary fiber

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