



Sun-Dried Tomato Hummus

Recipe

Yields 6 servings

Ingredients

1-14 oz. can chickpeas, drained and rinsed (source BPA-free brands like Yves or Eden Organic)

2 tablespoons extra virgin olive oil

1 tablespoon fresh lemon juice

5 sun-dried tomato halves- in oil

1 tablespoon tahini

1/2 teaspoon cumin

1/4 teaspoon paprika

1 teaspoon Himalayan salt

2 tablespoons water- to help blend

Method

1. Add all ingredients to a food processor.
2. Process until desired smoothness.
3. Serve with vegetables and your favourite cracker. I love Mary's Gone Crackers, gluten free and nutrient rich!