



Fuel the Body
Fuel the Soul

Sun-Dried Tomato Hummus

Ingredients:

1 can of chickpeas
1 tbs sesame tahini
2 cloves of garlic
Lemon juice (optional)
Sundried tomatoes



PREP TIME
5 MINUTES



YIELD
ABOUT 2 CUPS

Directions:

1. Drain one can of chickpeas, saving the juice in a separate bowl.
2. Blend the chickpeas, half the juice, garlic cloves, lemon juice and sesame tahini together in a food processor.
3. Spoon hummus into a serving bowl and gently mix in sun-dried tomatoes.
4. Serve and enjoy!



SISTERS OF ST. JOSEPH
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