



CLASSIC HUMMUS DIP

- 1 teaspoon salt
- 1/3 cup tahini
- 2 cloves garlic, halved
- 1 tablespoon olive oil
- 2 cups cooked garbanzo beans, drained
- 1/4 cup freshly squeezed lemon juice
- 1 teaspoon minced fresh parsley
- 1 pinch paprika

Place the garbanzo beans, tahini, lemon juice, salt and garlic in a blender or food processor. Blend until smooth. Transfer mixture to a serving bowl.

Drizzle olive oil over the garbanzo bean mixture. Sprinkle with paprika and parsley.

Serve with Mediterranean Snacks™ Baked Lentil Crackers.



all natural, all delicious, all yours!