BASIL HUMMUS

INGREDIENTS:

2 CUPS	COOKED GARBANZO BEANS
1 ½ TABLESPOONS	LEMON JUICE, FRESH
1 ½ TABLESPOONS	MINCED GARLIC
1 ½ TABLESPOONS	TAHINI
¼ TEASPOON	SALT
¼ TEASPOON	BLACK PEPPER
1 CUP	FRESH BASIL LEAVES, PACKED

METHOD:

- Place all ingredients in food processor and process until smooth

Serves: 20
Serving Size: 1 ounce
Calories: 35
Fat: 1 gm **Sodium:** 30 mg **Carbohydrates:** 5 gm **Protein:** 2 gm **Fiber:** 0 gm