

From Tricia Bradberry  
March 2019

## Herb Hummus

## Tasty & mild...Very good!!

*A True Food Kitchen restaurant exclusive! This hummus has a spicy zing provided by the additions of cilantro, cumin, and jalapeño, and a subtle sweetness from the agave. Serve with vegetable crudités, or with pita chips (you can make your own by cutting pita into triangles, brushing them with olive oil and sprinkling with salt, and baking them in an oven at 325 degrees F for 20-30 minutes, until edges are lightly browned).*

### Food as Medicine

*Garbanzo beans are an excellent source of the trace mineral manganese, which is an essential nutrient for both energy production and antioxidant defenses.*

### Ingredients

4 cups garbanzo beans, drained  
1/4 cup tahini paste  
1/4 cup lemon juice  
1 teaspoon ground cumin  
1/3 cup extra-virgin olive oil  
1 teaspoon chopped jalapeño chile  
1/2 bunch cilantro, stemmed  
1 teaspoon chopped garlic  
1 tablespoon agave nectar  
1 tablespoon sea salt

### Instructions

Combine all ingredients in food processor and blend until smooth. Adjust seasonings to taste.

Note: 1/2 recipe makes plenty!!

2 cups garbanzo beans, drained (or any combo—like fava & garbanzo or red lentil & garbanzo)  
1/8 cup tahini paste  
1/8 cup lemon juice  
1/2 teaspoon ground cumin  
1/6 (~40ml) cup extra-virgin olive oil  
1/2 teaspoon chopped jalapeño chile (or serrano)  
1/4 bunch cilantro, stemmed  
1/2 teaspoon chopped garlic (used 1 med clove)  
1 1/2 teaspoon agave nectar  
1 1/2 teaspoon sea salt