



Black Bean Hummus



5 min



8 servings

INGREDIENTS

- 1 can (15.5 oz.) black beans, drained (or 1 3/4 cup cooked, dried black beans)
- 1 can (15.5 oz.) garbanzo beans/chickpeas, drained (or 1 3/4 cup cooked, dried garbanzo beans/chickpeas)
- 2 tablespoons olive oil
- 1/8 cup lemon juice (or lime juice)
- 1/4 cup yogurt, plain
- 2 cloves garlic, peeled
- 3 teaspoons cumin, ground
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- Water (as needed)
- 1/4 cup cilantro (optional)

DIRECTIONS

1. Place all the ingredients inside a food processor and blend until smooth. (Note: If using a blender, make sure to incorporate the beans slowly, or else the hummus will be too thick).
2. Serve with carrots, broccoli, cauliflower, celery or a vegetable of your choice. You can also serve with whole wheat pita, crackers or tortilla chips.

Recipe source: Adapted from: <http://www.liverenewed.com/2010/01/easy-black-bean-hummus.html>