

Black Bean Hummus

Serves 8



Ingredients

- 1 (15 oz.) can black beans, keep the water from the can
- 1 garlic clove, minced
- 2 tbsp. olive oil
- 2 tbsp. tahini
- 2 tbsp. lime juice, or more
- 1/2 tsp. cumin
- 1/2 tsp. salt
- 1/4 tsp. cayenne pepper

Directions

1. In a food processor, blend until smooth 1/4 cup of water from the can of black beans with garlic, olive oil, tahini, lime juice, and spices.
2. Add the black beans and blend for another 1-2 minutes, until creamy and smooth.
3. Serve as a dip with fresh vegetables or crackers.
4. Store in a sealed container in the fridge for up to 1 week.