

Black Bean Hummus

Cook Time: 5 Min

Serves 8

Ingredients

- 1 clove garlic
- 1 (16 ounce) can black beans, drained (reserve liquid)
- 2 tablespoons fresh lemon juice
- 1-2 tablespoons tahini
- 1 teaspoon ground cumin
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper

Instructions

- 1 1. Crush garlic clove and place in food processor
- 2 2. Add black beans, lemon juice, tahini, cumin, salt and cayenne pepper; process until smooth.
- 3 3. Add enough of the reserved liquid (1 tablespoon at a time) from the beans to reach desired consistency, pulsing after each addition.
- 4 4. Serve with tortillas, crackers or sliced vegetables.

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