

Daniel Fast Black Bean Hummus

Prepare in 5 minutes

Ingredients

- 1 clove garlic (optional)
- 1 (16 ounce) can black beans, drained (reserve liquid)
- 2 tablespoons fresh lemon juice
- 1-2 tablespoons tahini
- 1 teaspoon ground cumin
- ½ teaspoon salt
- ¼ teaspoon cayenne pepper



Directions

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

Yield: Serves 8