

Hummus

Source: Rachel Toon

Ingredients:

- 2 – 15 oz cans garbanzo beans
- 3 cloves garlic
- ¼ cup avocado oil, or preferred oil
- 3-4 Tbsp water
- 2 Tbsp lemon juice
- ¾ tsp curry
- ½ tsp salt
- ½ tsp garlic salt
- ¼ tsp paprika

Directions:

1. In a food processor (or blender), place garbanzo beans and garlic and pulse several times.
2. Place additional ingredients in blender and mix well.
3. Serve with tortilla chips, gluten-free bread, or gluten-free pita bread

Note: You can add additional water to change consistency. Recommend doing it 1 Tbsp at a time.