

15 Vegetable Hummus

Ingredients:

- 2 cans chick peas
- 1 can black beans
- Handful of spinach or greens
- ¼ cup water
- ¼ cup olive oil
- ¼ cup tahini
- Handful variety of nuts
- chia, hemp, flax seeds
- hot pepper, salt, pepper
- 1 tsp turmeric
- 1 tbsp chili powder
- ¼ cup lemon juice
- 5 cloves garlic
- Vegetables to bake:
mushrooms, sweet pepper,
hot pepper, broccoli, ect



Instructions

1. In a food processor puree garlic, nuts, spinach, tahini, spices, salt, pepper, lemon juice.
2. Soak beans and add to puree until smooth with water and olive oil.
3. Toss vegetables with olive oil and broil until soft
4. Puree vegetables and mix with other puree
5. We are done! Can freeze what you don't use.