

Riverview Wellness Center

RECIPES

Recipe for: Black Bean Hummus (Cuban)

Ingredients:

1 16 ounce can black beans, thoroughly rinsed
1 tablespoon tahini
3 tablespoons olive oil
Juice of one lime
2 garlic cloves, sliced
1 teaspoon cumin
Salt and pepper to taste

Preparation:

- In food processor, combine all of the ingredients and process until smooth.
- Cover and refrigerate until ready to use.
- Bring to room temperature before serving.