



Arugula Hummus

Improves:



Ingredient List:

- 1 cup cooked garbanzo beans
- 2 tbsp arugula
- 1 tbsp tahini
- 1 tbsp lemon juice
- 1/2 clove garlic
- 2 tsp olive oil

Recipe Directions and Serving Size

In a food processor, combine the garbanzo beans, the arugula, the tahini, the lemon juice, and the garlic.

Pulse until the garbanzo beans are chopped.

While blending, slowly add the olive oil until a smooth, creamy consistency is reached.

Season with salt and pepper.

Makes 4 servings.



Prep Time: 5 min

Cook Time: 3 min



Special Kitchen Tools:

- Food processor