

Lo Salt Hummus

Into processor:

1/3 cup tahini

1/4 cup lemon juice

pulse 1 minute, scrape and pulse for 30 seconds.

Add 3 garlic cloves and 2 tbsp olive oil.

pulse for 1 minute.

Add 1/2 can of Eden no salt garbanzo beans

pulse for 1-2 minutes, scrape.

Add other 1/2 of garbanzos

pulse for another 1-2 minutes.

Add water 1 tbsp at a time to thin and pulse until desired consistency.

Store in frig. 132 mg sodium per batch, makes about 1/2 quart.