Cooking with Nada!



Organic Hummus

- 1 Can (15.5 oz) Organic Garbanzo Beans*, drained
- 1 Cup Red Peppers, remove seeds
- 1-2 Cloves of Garlic
- 1/4 Cup Fresh Basil
- 1 Tsp Fresh Oregano
- 1/4 Tsp Red Cayenne Pepper, IF you like it "hotter"
- 1 Tsp Sea Salt
- Nut Milk or Vegetable Broth to thin

Nada used her homemade Lemon Pepper seasoning, however you can use any combo of spices to taste.

***Also referred to as Chick Peas**

Brought to you by the Joseph P Cory Foundation