



Black Bean Hummus

Ingredients

1 can of black soy beans ✓

1 garlic clove

2 ½ tbsp. olive oil ✓

2 tbsp. tahini ✓

1 tbsp. lemon juice

1 tsp. chili powder ✓

½ tsp. Himalayan Pink Salt ✓

1 tbsp. pine nuts ✓

1 tbsp. fresh chives

Directions:

1. Rinse and drain black beans.
2. Combine all ingredients (except chives, cilantro, and pine nuts) in a food processor and blend until smooth. (If too thick, add 1-2 tbsp. of water.)
3. Stir in chives and pine nuts.
4. Serve immediately or refrigerate.

✓ Available for purchase in the PureFormulas Store

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