

# Hummus - 5 Ways

Start with a basic hummus recipe:

2 cans chickpeas

1/4 cup tahini

3 tbsp lemon juice

1 1/2 tsp salt

2 tbsp olive oil

2 cloves garlic



Then add:

beet



1/2 cup  
cooked beets



fresh dill



roasted red  
pepper



1 jar roasted  
red peppers



1 tsp  
paprika



1/3 cup  
cooked lentils



goat cheese



pumpkin



1/3 cup  
pumpkin puree



1/2 tsp ground  
cinnamon



Toasted  
pumpkin seeds



black bean



1 cup cooked  
black beans



2 tsp 1/2 tsp  
chili powder cayenne



spinach and  
split pea



1 1/2 cups  
wilted spinach



1 cup cooked  
split peas



1/2 tsp  
ground pepper



Blend ingredients, serve and enjoy!