



Basil Lima Bean Hummus

By Eating Bird Food

Prep time: 10 mins Total time: 10 mins

Ingredients

- 12 oz bag of frozen lima beans
- 1 Tablespoon tahini
- 2 Tablespoons extra-virgin olive oil
- 2 Tablespoons freshly squeezed lemon juice
- 2 medium cloves garlic, sliced
- ½ teaspoon sea salt
- ¼ cup fresh basil, chopped
- freshly ground pepper, to taste
- ¼-1/2 cup reserved cooking liquid or water, more or less to thin dip as desired

Instructions

1. Cook lima beans according to package directions, drain and reserve ¼-1/2 cup of the cooking liquid.
2. In a food processor, combine all ingredients except cooking liquid or water.
3. Purée until smooth, gradually adding liquid as desired to thin dip and scraping down sides of bowl as needed.

The Balanced Body Center

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