



## Smart LifeStyle Recipes

By Najwa Medina

### Hummus Bi Tahini

**Makes 2 ½ - 3 cups**

**Vegan**

1 16 oz. can	Garbanzo beans
1 cup	tahini (ground, hulled sesame seeds)
1 cup	lemon juice
3	garlic cloves, peeled
1 tsp. (or to taste)	salt

1. Heat the garbanzo beans in their liquid. Strain the beans and discard the liquid.
2. Grind the garbanzos in a food mill or food processor
3. Press the garlic with a garlic press and add to the garbanzos. If using a food processor, add the peeled garlic cloves to the garbanzos in step 2, then grind.
4. Mix in the tahini, lemon juice, and salt. To serve, spread the hummus on a plate and garnish with parsley, pomegranate seeds and garbanzo beans.