



White Bean Hummus

Recipe Courtesy Chef Bryan Woolley

1 ½ cups white beans, cooked – unsalted and drained
¼ cup Tahini, raw
3 Tbsp lemon juice
2 Tbsp olive oil
2 cloves garlic
1 ½ tsp salt
1/8 tsp white pepper
2 tbsp water

Process all ingredients in food process until well blended. Chill.

Nutrition Facts

Calories:	269
Total Fat:	10g
Saturated Fat:	1g
Cholesterol:	0mg
Sodium:	609mg
Carbohydrates:	33g
Dietary Fiber:	9g
Protein:	14g