



## **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