

The Avocado

raw and living food instruction

www.eatwithoutht.com

330.254.7570

Sprouted Hummus (© 2005 THE AVOCADO # 114)

Ingredients

3 cup(s) garbanzo beans (chick peas), sprouted

HOW TO

Soak 1 ½ cup(s) in water at room temperature for 12 – 24 hours, covering 3:1

Rinse at least once if soaked more than 12 hours.

Let stand in a colander at room temperature until tails grow to ¼" (18 – 48 hours) rinsing every 8 hours

6 clove(s) garlic

2 tsp(s) salt

2 tsp(s) cumin, ground

¾ cup(s) lemon juice

¾ - ½ cup(s) water

1 cup(s) pine nuts, soaked 8 hours, rinsed and drained

2 Tbsp(s) tahini

1 Tbsp(s) olive oil

½ Tbsp(s) paprika

Procedure

1. Blend well peas, spices and salt, lemon juice and water to desired consistency *

**(adding pine nuts and tahini will thicken slightly)*

2. Add pine nuts and blend well

3. Add tahini and blend well*

*Be careful not to get too warm if using a powerful blender like Vita-Mix

4. Chill immediately and garnish with olive oil and paprika by the serving