

Hummus

INGREDIENTS

- 1/4C tahini (ground sesame seeds)
- Juice 1/2 lemon
- Zest 1/2 lemon
- 3TBS cold water
- 1C chickpeas, soaked and cooked
- 1/2tsp sea salt
- 1/3C + 2TBS chicken bone broth

1. Combine tahini, lemon juice + zest, and water in a food processor or Vitamix until creamy. You may need to add more water—you just want the texture to be smooth.
2. Then, add chickpeas, salt, and broth and blend until well combined.
3. Garnish with oil, sprinkle of extra salt, and chopped parsley. Serve with side of cassava flour pitas and enjoy!