

Lemon Thyme White Bean Hummus

Ingredients

- 1 1/2 cups of cooked white beans (or 1 can, rinsed)
- 1 garlic clove
- Juice of 1 lemon
- 1 tablespoon fresh thyme leaves
- 1 tablespoon tahini
- 1/4 cup olive oil, or to taste
- salt/pepper to taste

Preparation

1. Add beans, garlic, lemon juice, thyme and tahini to food processor. Blend until smooth.
2. Add salt and pepper, pulse in food processor a few times. Taste and adjust seasoning accordingly.
3. With the food processor running, slowly drizzle in olive oil until the mixture is smooth and creamy, about 1/4 cup.

Recipe Created by: Stephanie Rink, MS, RD, LDN, CNSC for Little Sprout Nutrition