

Spooky

Black Bean Hummus

Makes 8 servings

INGREDIENTS

- 15-ounce can no salt-added black beans
- 1 clove garlic
- 2 tablespoons lemon juice, or more to taste
- 1 ½ tablespoons tahini
- ½ teaspoon ground cumin, or more to taste
- ½ teaspoon salt, or more to taste
- 1/8 teaspoon cayenne pepper (omit if you don't prefer spice)
- ¼ teaspoon paprika
- Sour cream or non-fat Greek yogurt



INSTRUCTIONS

1. Drain beans and reserve liquid
2. Place 2 tablespoons of bean liquid, garlic, lemon juice, tahini, cumin, salt, and cayenne pepper in a food processor and pulse until creamed. Add the black beans last.
3. Pulse until smooth, scraping down the sides as needed.
4. Add more seasonings for the desired taste.
5. Transfer to a serving bowl and top with sour cream or Greek yogurt, using a toothpick to create a spider web pattern.
6. Serve with whole grain crackers, mini sweet peppers sliced in half, baby carrots, or celery.

Nutrition Facts

Per serving provides 73 calories, 2g total fat, 10g carbohydrates, 4g dietary fiber, and 4g protein.

NOTE: Black bean hummus makes a great snack or spread for wraps and sandwiches.

