

# Butterbean Hummus



## Ingredients (makes 8):

- 1 can butterbeans, drained and rinsed (240g drained weight)
- 50ml tahini
- 1 teaspoon cumin
- ½ teaspoon coriander
- ½ level teaspoon garlic powder (or less according to taste)
- Salt & Pepper
- Juice of ½ lemon
- Extra virgin olive oil, to serve

## Make:

1. Add the butterbeans and garlic powder to a food processor and blend until a smooth mixture forms.
2. Add the tahini, lemon juice, spices and a good sprinkle of salt to the food processor
3. Blend for a few more minutes. Check, and if the consistency is too thick slowly add a small amount of hot water. Blend until you reach a smooth consistency.
4. Taste and adjust seasoning, garlic and lemon juice to your liking.
5. When ready to serve, transfer the hummus to a serving bowl and add a generous drizzle of extra virgin olive oil.

