

# Humus

## INGREDIENTS

1. 1 Cup Chickpeas , dry
2. 2 Tbsp Sesame seeds ground or Tahini.
3. ½ Cup Olive oil
4. ½ Cup purified water
5. Juice of 2 Lemons
6. 1 tsp Salt
7. ¼ tsp Cayenne Pepper
8. 2 Garlic cloves
9. 2 tsp Paprika
10. ¼ Cup Basil, fresh
11. ¼ Cup Parsley, fresh

## METHOD

1. Soak the beans for 24 hours.
2. Sprout for 1 day until the bean sprouts are about 5 mm long. Rinse the beans twice a day.
3. Decant in a boiling pot, boil for 2 minutes. Remove from heat, and let stand for 1 minute.
4. Drain the cooked sprouts.
5. Place the sprouted beans into your Magimix or similar S-Blade mixer.
6. Add all the ingredients except for the water.
7. Process until smooth, adding the water if necessary. It will take 3 to 5 minutes to blend till smooth and absorb as much of the water as possible. If too thick, add more water, and blend again.
8. Taste and adjust seasonings if needed.
9. Spoon into a serving dish, and garnish with paprika.
10. The Humus can be enjoyed on a slice of organic whole food, stone milled bread.

Enjoy and

