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## *Marjie's Hummus*

### *Ingredients:*

1 cup dried chick peas (garbanzo beans) (can use 2 cans of garbanzo beans instead)\*  
1 lemon  
1 – 2 cloves of garlic  
¼ - ½ cup of olive oil  
¼ - ½ cup of sesame seeds  
3 tsp sea salt (may add more to taste)  
Water

Optional: dill, dried tomatoes, basil, black olives, or rosemary

### *Procedure:*

Soak the chick peas over night in water and ½ teaspoon raw apple cider vinegar (soaking overnight breaks down the phytic acid in the chick peas and makes them easier to digest). Drain off the water. Add fresh water and ½ teaspoon sea salt; cook on medium heat until the chick peas are tender. About 25 minutes. Dump remaining water and allow the chick peas to cool. \*Skip this step if using canned garbanzo beans.

Place the chick peas, juice of lemon, garlic, olive oil, sesame seeds, and 1 teaspoon of sea salt into a food processor with the multi purpose blade. Blend until smooth. Additional water can be added to make smoother. Add additional lemon juice or sea salt for taste. Optional ingredients can be added in any combination to taste. Be creative and add your own ingredients.

The sesame seeds combined with the chick peas turns this dish into a complete protein. A complete protein means that all of the essential amino acids are included. Tahini (ground sesame seeds) can be used instead; use 1/8 – 1/4 cup.

Hummus can be eaten by it self or is wonderful as a vegetable dip. It can also be spread on bean chips, Enjoy Life Plentils, bread crisps, or rice crackers.