

Almond Hummus (Vegan, Gluten-Free, Soy-Free)

This recipe is from the cookbook, "I am Grateful: Recipes & Lifestyle of Café Gratitude"

Makes 3 cups

- 2 1/2 cups almonds, soaked for 12 hours
- 1/4 cup, plus 1 tablespoon raw tahini
- 3/4 teaspoon freshly ground black pepper
- 1 1/2 teaspoons chopped garlic
- 1 3/4 teaspoons cumin
- 1/4 cup plus 2 tablespoons olive oil
- 1/4 cup plus 3 tablespoons lemon juice
- 3/4 cup water (divided use)
- 3/4 teaspoon salt

In the bowl of a food processor fitted with the "S" blade, grind down the drained and rinsed almonds. Add the remaining ingredients, minus half the water. Begin again to puree the ingredients together, adding water until you reach a creamy texture.

Taste the hummus and adjust any ingredients to your liking: garlic, lemon juice, cumin, olive oil.

This can be served drizzled with olive oil and dusted with cumin and paprika.

Per tablespoon: 68 calories, 2 g protein, 6 g fat, 1 g saturated fat, 2 g carbohydrate, 1 g fiber, 0 mg cholesterol, 37 mg sodium