



Creating Conditions for Optimal Health: Body, Mind, Soul & Spirit

Hummus

Ingredients

2 Cups Chickpeas	~1/4 Cup Filtered Water
3 Garlic Cloves	1 Teaspoon Himalayan Salt or Sea Salt
½+ Cup Tahini	2 Tablespoon Extra Virgin Olive Oil
4 to 8 Drops of Hot Sauce	¼ Teaspoon Paprika
1 Large Lemon, Juice Only	

If using canned chickpeas, rinse then drain. (If using raw chickpeas, see instructions below.) Warm chickpeas in a skillet over medium heat until heated and browned thoroughly. Transfer to a blender or food processor. Add garlic, tahini, hot sauce, lemon juice, and 2 tablespoons water. Blend until the hummus is pureed, adding more water as needed.

Add Himalayan salt to taste. Place in a serving bowl and top with olive oil and paprika. Store hummus in a sealed container in the refrigerator for 5-10 days.

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To cook raw chickpeas: Soak chickpeas in enough water to cover for 4 hours and rinse. Place ¼ onion, one clove garlic, a dash of paprika, a dash of curcumin powder, a dash of black powder, and a sprig of celery in a pot, then cover in cold water. Cook at medium heat until the chickpeas are soft. When the mixture boils, skim off and discard the foam with a spoon.

Serving size 2 Tbsp each

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