



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

Green Peas and Avocado Hummus w/Crisy Garlic Silvers

Serves 4-6

Enjoy this pea-based hummus with scoop-friendly vegetables like broccoli, bell peppers, and celery. Fresh peas are ideal, but you can substitute frozen. For more flavor and visual pizzazz Chef Conny suggests garnishing the dish with toasted sesame seeds, sliced radishes, micro herbs like fresh dill, and edible flowers.

1 Tbsp sea salt, plus more to taste

4 Tbsp tahini

1 cup fresh green peas or 8 oz frozen

2 Tbsp plus 2 tsp lemon juice

4 garlic cloves

½ cup extra virgin olive oil

1 quart ice water

Sea salt and cracked black pepper

1 avocado

2 Tbsp Crispy Garlic

1. Bring 4 cups of water and 1 Tbsp sea salt to a boil. Add the peas and garlic and boil until soft, 10-12 minutes for fresh peas and 2 minutes for frozen. Drain the pea mixture and transfer it to the ice water to cool. Then drain again.
2. Reserve 2 Tbsp of the peas. In a food processor, pulse the remaining cooked peas and garlic until mushy, about 30 seconds. Add the avocado, tahini and 2 Tbsp of lemon juice and then pulse a few more times.
3. Toss the reserved peas with the olive oil and the remaining 2 tsp of lemon juice and then season to taste with salt and pepper.
4. To serve, spread the hummus onto a serving dish. Top with the reserved seasoned peas. Garnish with the crispy garlic and other toppings, as desired.

Recipe credit to/adapted from **Grow A New Body Cookbook**

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