



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

## **Hummus**

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

**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.**

***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

*Angela Burge*  
MEDICINE WOMAN

Food Energy Plant

[aburge@angelaburge.com](mailto:aburge@angelaburge.com)

[www.angelaburge.com](http://www.angelaburge.com)

209-404-5130