

## **HUMMUS WITH ESSENTIAL OIL**

### **INGREDIENTS:**

**2 cups cooked Garbanzo beans (reserve liquid)**

**7-10 drops lemon essential oil**

**2 tbsp avocado or olive oil**

**2 tbsp Braggs Liquid Aminos**

**5-6 cloves garlic**

**1/2 cup tahini**

### **INSTRUCTIONS:**

- 1. Put all ingredients in the Vitamix or blender.**
- 2. Add reserved garbanzo bean liquid a little bit at a time.**
- 3. Blend to desired consistency.**