
Spicy Black Bean Hummus

1 can	black beans (or 1 cup dried)*
¼ cup	tahini (sesame seed paste)
2 tbsp	olive oil
¼ - ½ tsp	cayenne powder (depending on taste buds)
½ tsp	Celtic sea salt
1 tsp	each dry oregano** and thyme**
¼ tsp	dry sage**
½ tsp	tumeric
1 clove	garlic, chopped
1 small	lime, juiced (or ½ a lemon)

* If using dry black beans – soak beans overnight, rinse and simmer in fresh water on low heat for 1 ½ hours or until very soft. Drain. If using canned beans, rinse thoroughly with cold water before using.

** Use fresh herbs instead of dry whenever possible. Use 3 times the volume of dried herbs when using fresh herbs.

Puree black beans in food processor or blender until they become paste-like. Then add all remaining ingredients. Pulse thoroughly. If dip is too thick, add small quantities of olive or flax oil until desired consistency is reached. Sprinkle with parsley and serve with raw vegetables, pitas, or flatbread.

Tip – to avoid “garlic breath”, eat dip with mushrooms, or sprinkle parsley or basil on top.

Adapted from Ms. Eva Cabaca, *Holistic Food Preparation*.

Nutritional Value of Select Ingredients

Beans – high in fibre and protein, yet very low in fat, beans can help lower cholesterol and blood pressure. They protect against cancers, diabetes, and because of their high levels of manganese, keep bones strong. The fibre regulates bowel function, combats hemorrhoids, and lowers the risk of colon cancer.

Tahini – Tahini is a fine paste of ground sesame seeds. By weight, sesame seeds are higher than liver in iron. They are also high in calcium, magnesium, protein, fibre, other vitamins and minerals, and EFA's.

Olive Oil – Cold pressed extra virgin olive oil is an excellent source of monounsaturated fatty acids, making this oil quite stable for medium temperature cooking. It has a good variety of vitamins and minerals, and can help lower LDL cholesterol, control blood pressure, and aid in diabetes.

Garlic – Garlic is touted as a “cure-all” due to its many uses in medicine. It has a beneficial effect on heart disease, cancer, and infectious diseases. It decreases cholesterol levels, detoxifies the body, stimulates the immune system, and the list goes on and on. Eat garlic raw and regularly for maximum benefits.