

HUMMUS

With ESSENTIAL OILS

- 1 CAN GARBANZO BEANS, WITH 1/2 THE LIQUID
- 1 GARLIC CLOVE, PEELED
- 2 TBL OLIVE OIL
- 2 TBL TAHINI
- 8 DROPS LEMON ESSENTIAL OIL
- 1 DROP ROSEMARY ESSENTIAL OIL
- SALT TO TASTE



MIX ALL INGREDIENTS IN A FOOD PROCESSOR, ADJUST TO DESIRED TASTE WITH ESSENTIAL OILS AND SALT IF NEEDED. ENJOY! SERVE WITH CRACKERS OR SLICED VEGETABLES.