

Hummus with dōTERRA® Essential Oils

Ingredients:

1 can organic garbanzo beans (½ liquid drained)
2 garlic cloves, peeled
2 tablespoons organic cold pressed olive oil
2 tablespoons Tahini
Juice of ½ lemon
1 tsp Himalayan sea salt

2 drops dōTERRA® Lemon Essential Oil
1 drop dōTERRA® Rosemary Essential Oil

1. Blend all ingredients in food processor until smooth.
2. Chill in refrigerator 30 minutes
3. Serve with sliced organic cucumbers, carrots, cherry tomatoes, and crackers.

