



White Bean, Basil and Lemon Hummus

From www.Mamacado.com

Ingredients:

- 2.5 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 garlic clove
- 2 Tbsp raw and hulled sunflower seeds
- 15 oz. can cannellini beans, drained (my can included salt)
- 1 bunch fresh basil
- 1/4 tsp salt (adjust this based on whether you use salted or unsalted beans)

Directions:

- In a food processor or blender, blend your oil, lemon, garlic and sunflower seeds until rather smooth
- Blend in the rest of your ingredients, beans, basil and salt, until you have a beautiful and creamy hummus.

Top with sunflower seeds, tomatoes or pieces of freshly torn basil to make it pretty. Or eat right out of the food processor!

**Recipe adapted from Aloha.com*