

M A R I L Y N ' S D E H Y D R A T E D

# SOUP 'N STUFF

All Natural

No Additives

No Preservatives

No Animal Products

## Garbanzo Bean Humus

**A.** ¾ c Garbanzo flake (hydrated with approx ¼ - ½ c boiling water)

3 T. olive oil

¼ c fresh lemon juice

2 cloves garlic

1 tsp ground cumin

**B.** 1/3 c tahini

**C.** 2 T. olive oil

1 t. paprika

**D.** 1 T. fresh parsley chopped

1. Blend **(A)** garbanzo, olive oil, lemon juice, cumin, garlic until smooth
2. Remove from blender, add **(B)** tahini, mix well
3. Transfer to a shallow bowl or plate.
4. Combine **(C)** paprika and oil.
5. Drizzle **(C)** mixture over top of humus, garnish with **(D)** parsley .
6. Serve with pita bread triangles.

Makes about 1-1½ cups

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