



Artichoke & Herb Hummus

This delicious dip is the perfect snack for kids or adults and hungry partygoers for a tasty easy appetizer.

Yield: 18 oz (about a 1/2 a quart)

Ingredients:

2 cups garbanzo beans (chick peas) from a can or cooked before hand
1 cup or 8 oz can Artichoke Hearts
1/2 cup Tahini
1 garlic clove
1 small bunch fresh Basil (about 3 to 4 large stems)
2 small stems of fresh Oregano
Juice of one lemon (about 1/3 to 1/2 cup)
1 teaspoon *HH Lemon Basil Salt* (or sea salt)
2 tablespoons *HH Herbs de Moraga Oil* (or extra virgin olive oil)

**Hollie's note: Be creative! Use different herbs combos like Mint, Dill, or Chives. Change out artichokes for sundried tomatoes, roasted red peppers, carrots or cauliflower...whatever is in the fridge or garden!

1. In a Cuisinart type blender, pulse the one clove of garlic 10 times
2. Add Artichoke hearts and fresh herbs, run for 30 seconds (scrape sides of mixer bowl)
3. Add 2 cups garbanzo beans, lemon juice, Tahini, salt and 1 tablespoon of olive oil
4. Blend all ingredients until smooth. If the hummus is sticking to the sides, add a little additional olive oil and lemon juice while the machine is running so it blends smoothly.
5. Ready to serve immediately, or refrigerate and enjoy for up to 5 days. Hummus can also be frozen for up to 2 months!
6. Drizzle *HH Herbs de Moraga Olive oil* (or olive oil) and a pinch of *HH Lemon Basil Salt* (or sea salt) on the top before serving. Serve with dipping cut carrots, cucumbers, pita bread, and crackers or on toast or in a cucumber sandwich - you choose!

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