

Black Bean Hummus (using black soybeans)

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Yields 1-1/4 cup

or 20 tablespoons

PER TABLESPOON

1.8g Fat

1.8g Carbs

1.07g Fiber

0.73g Net Carbs

2.07g Protein

(51.4% Fat, 22.6% Carbs, 26% Protein)

INGREDIENTS

1 can (15 oz) Eden Organic Black Soybeans,
drain KEEPING 3-4 tbsp of the LIQUID

1 large clove of garlic, peeled and minced

Juice of half a small lemon, about 2 tbsp

2 tbsp tahini (sesame seed paste)

1/4 tsp of cayenne pepper or more to taste

DIRECTIONS

Place the beans, reserved bean liquid (or water if you forgot to keep the liquid), the minced garlic, lemon juice, tahini and the cayenne pepper into a food processor. Process on high setting until the mixture forms a paste-like consistency.

Refrigerate and allow to sit a few hours to let the flavors develop. Keeps well for about a week.

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