

Black Bean Hummus

1 tsp. minced garlic
1 (15 ounce) can black beans; drain
2 tablespoons lemon juice
1 tablespoon of toasted sesame seeds
1 tablespoon olive oil
 $\frac{3}{4}$ teaspoon ground cumin
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{4}$ teaspoon cayenne pepper

Put minced garlic, sesame seeds and olive oil in food processor. Add black beans, 2 tablespoons lemon juice, $\frac{1}{2}$ teaspoon cumin, $\frac{1}{2}$ teaspoon salt, and $\frac{1}{8}$ teaspoon cayenne pepper; process until smooth, scraping down the sides as needed.

Sponsored by Wellness Programs

All of our recipes can be found online at www.uvu.edu/wellnessed

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