

Good Enough 2 Eat

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Creamy Soy Hommus

You'll need:

- 1 cup cooked soy beans
- 1 tablespoon lemon juice
- ¼ cup tahini
- 1 clove garlic
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- Few sprigs parsley



Here's what to do:

1. Place all ingredients in a food processor and process until smooth.
2. Add water if desired to achieve a softer consistency.
3. Chill before serving.

Serving suggestions

- Serve as a dip with raw vegetables (carrot sticks, celery, cherry tomatoes, cauliflower florets, blanched broccoli florets, etc).
- Place a spoonful on halved tomatoes and sprinkle with chopped chives.
- Use on toast or in sandwiches instead of margarine or butter.

Helpful hints

- Substitute any legume in place of soy beans. Be adventurous!
- Tahini is a sesame seed paste that can be found in the Health section of most major supermarkets.
- Make a few quantities at a time and freeze in useable portions.