

Sunbutter Hummus

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42 Servings			
Ingredients	Weight	Measure	Directions
Garbanzo Beans, drained (reserve liquid) Sunbutter Lemon Juice Garlic, minced Salt Olive Oil Raoasted Sunflower Seeds		1 #10 Can 1 1/2 Cup 9 oz 6 Tbsp 3 tsp Garnish Garnish	1. Add everything into you food processor except for your reserved liquid. 2. Pulse ingreadients, adding a tablespoon of reserved liquid at a time to help things get moving 3. Continue pureeing until completely smooth 4. Scoop into serving container and top with sunflower seeds and a drizzle of olive oil. 5. Keep refrigerated for 3-4 days
Serving Size		Meal Pattern Contribution	
1/4 Cup		1/4 Cup Legume Veg OR 1 oz eq M/MA	