

# CILANTRO LIME HUMMUS

## INGREDIENTS:

- **1 - 15 oz. can chickpeas**
- **1 bunch of cilantro, leaves only,** *(wash well to make sure all the sand is off these)*
- **1/4 cup freshly squeezed lime juice,** *about 3 limes*
- **2 cloves garlic,** *smashed and roughly chopped*
- **1/4 tsp. salt**

## OPTIONAL:

- **1/2 jalapeño, deseeded**



## DIRECTIONS:

Process the cilantro and lime juice in a food processor until the cilantro is in small pieces, then additional ingredients and process until smooth, adding water as needed for desired consistency.

Use for a vegetable dip or as a sandwich spread.