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 theses)
• 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.