

Black Bean Hummus-Nut Free



FOODSERVICE



SERVING SIZE: 32

Ingredients

- 3 cups **Furmano's Black Beans**, Drained & Rinsed
- 1/2 cup Greek Yogurt
- 2 tablespoons Canola Oil
- 1/4 cup Aquafaba (Brine from Chick Peas)
- 1/4 cup Lemon Juice
- 2 teaspoons Minced Garlic
- 1/2 teaspoon Cumin
- 1 teaspoon Salt

In This Recipe



Black Beans - 15.5 oz.



Pouch Black Beans in Brine



Low Sodium - All Natural
Black Beans in Brine

Preparation

1. In a food processor, add all ingredients and puree until smooth
-

