

**Shiitake Lemon Hummus**  

**Ingredients

2 15oz cans chickpeas, drained and rinsed
3 cloves of garlic minced
1/3 cup tahini
¼ cup lemon juice, freshly squeezed
1/3 cup extra virgin olive oil
½ tsp cumin
1 tsp Terra’s Table Shiitake or Power Blend mushroom powder
1 tsp sea salt
1 Tbsp. fresh parsley, finely chopped

Directions:**

**Place everything except the parsley in a blender or food processor. Process until smooth, adding water or additional lemon juice if needed to produce a smooth puree.**

 **Garnish with parsley.**

**Hummus is a great for lunch, serve with fresh veggies such as carrots, celery, cauliflower, broccoli etc.**

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