

**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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