

CLEAN & TASTY

BASIL HUMMUS

<i>Serving</i>	<i>Time</i>	<i>Level</i>	<i>Kcal</i>
2	40 mins	easy	310

INGREDIENTS

- 2 (15 oz) cans chickpeas
- 1/4 c tahini
- 3 cloves garlic
- 1 cup fresh basil leaves, roughly chopped
- ½ t sea salt
- 2 T oat milk, optional

DIRECTIONS

- Basil is extremely flavorful and delicious. It adds so much to foods. It really wakes up food flavor. It fights inflammation that leads to disease. It also controls blood sugar levels.
- Basil is antibacterial too. It protects against skin aging and even boosts mental energy providing clarity, alleviates stress, anxiety and depression. No reason to not eat it. Enjoy!

