

Apple and Cherry Hummus

Iosco Resa



Ingredients

1 gala apple peeled /diced
½ c dried cherries
¼ c chopped red onion
2 tbsp. apple cider vinegar
1 tbsp. lemon extract
1 tbsp. ground ginger
1 tsp cinnamon
Pinch of ground cloves
2 Tbsp. chopped red onion
1 tbsp. lemon extract
1 tbsp. sesame oil
¼ tsp dried oregano
1 tbsp. ground cumin
1 can northern beans
1 clove peeled garlic
¼ tsp salt
1/8 tsp pepper

Directions

Place first 8 ingredients in a medium sauce pan. Bring to a boil, then reduce to a low simmer. Cover and cook for about 20 minutes. Cool, use as hummus topper

Hummus-

Combine next 9 ingredients in a food processor and process until smooth. Additional 2 or 3 tbsp. of water should be added for desired consistency.

Lemon juice can be used in place of lemon extract.

Nutritional Information

Servings 6-8

Calories per serving	85
Total Fat	0
Saturated Fat	0
Cholesterol	0
Sodium	75mg
Total Carbohydrates	18g
Dietary Fiber	3g
Protein	3g