

Monthly
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Simply Seasonal

Classic Fummus

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Classic Fummus

Ingredients

***1 cup dry or 2 cups cooked
fava beans**
½ cup olive oil
3 Tbsp lemon juice
**1 Tbsp garlic powder (or *3
cloves fresh garlic)**
1 tsp sea salt
1/4 tsp black pepper
1-2 tsp ground cumin
**Optional – *½ cup tahini,
olives, *spinach, *parsley**

*can be sourced locally

Directions

1. Soak 1 cup dry fava beans in water for 12-18 hours. Drain; cover with water and cook 1-2 hours or until tender.
2. Place ingredients in food processor
3. Blend until smooth
4. Taste and adjust seasonings
5. Refrigerate