



## NUT HUMMUS

Makes 7 servings  
(1/3 cup each serving)

### INGREDIENTS

1 cup raw nuts, soaked for 12 hours  
and rinsed (Almonds work best)  
3-4 cloves garlic  
2/3 cups tahini  
½ cup extra virgin olive oil  
4-6 tbsp fresh lemon juice (2 small  
lemons)  
½ tsp sea salt  
½ tsp black pepper  
¼ cup sundried tomatoes  
½ to 1 small diced habanero or  
jalapeno pepper (optional)

### INSTRUCTIONS

- 1) Place all ingredients in a food processor and puree until you find a smooth consistency
- 2) Place the hummus in container and then pop in a refrigerator to sit for a couple of hours before serving, this will allow the flavours to blend.