



Super-Naturally Healthy Sun Dried Tomato, Basil and Garlic Hummus!

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Your family is sure to enjoy this flavorful and satisfying hummus made with super foods such as lycopene rich, zesty sun dried tomatoes, heart healthy, extra virgin olive oil, and iodine rich navy beans for a healthy thyroid. If you have children or grandchildren, you can give them the opportunity to help by assigning simple, but fun tasks such as squeezing the lemon, pouring the olive oil, and grinding the salt and pepper. For added fun, appoint an official taste tester! Enjoy! :)

Ingredients:

15 ounce can organic navy beans, drained
8 sun dried tomatoes packed in olive oil, drained (*reserve oil*)
1 or 2 cloves garlic cut in cut in halves, *to taste preference*
Chopped fresh basil
Extra virgin olive oil, *to desired consistency*
1 tablespoon lemon juice, *freshly squeezed*
1-2 tablespoons tahini paste
Celtic Sea Salt, finely ground, *to taste*
Freshly ground black pepper

Instructions:

Rinse and drain the navy beans. Place in food processor. Next, roughly chop sun dried tomatoes, garlic and basil, and add to processor. Pulse until smooth. Next, add the lemon juice, tahini paste, salt and pepper. Lock the lid securely into position, and pulse intermittently. While pulsing, steadily stream in the olive oil and allow to pulse until well blended, and achieving a visibly smooth, paste-like texture. Transfer to a medium sized bowl. If possible, cover and refrigerate for a few hours to allow flavors to meld. Before serving, swirl the hummus with the back of a spoon, and then drizzle the reserved olive oil from the jar of sun dried tomatoes. Garnish with a fresh basil leaf, and serve with assorted crackers and veggies such as cut carrot and celery sticks. Best stored in an airtight glass container in refrigerator for maximum two day freshness.