

SPICE OF THE MONTH CLUB:
GINGER

PEACH GINGER HUMMUS



SERVINGS: 6
TOTAL TIME: 15 MINS

INGREDIENTS

- 1 can (15oz.) no salt added garbanzo beans, rinsed and drained
- 1 can (15oz.) Sliced Peaches, drained, divided
- 2 Tbsps. olive oil
- 3 Tbsps. water
- 1/4 tsp. ginger
- 1 clove garlic
- 2 Tbsps. fresh lemon juice
- 1/2 tsp. cumin
- 1/8 tsp. cayenne pepper
- 2 Tbsps. chopped fresh cilantro [or mint]
- salt, optional

DIRECTIONS

1. Combine garbanzo beans, half peaches, oil, water, ginger, garlic, lemon juice, cumin and salt to taste, if desired and cayenne in a blender or food processor. Blend until smooth. Place mixture in a serving bowl.
2. Chop remaining peaches; toss with cilantro or mint. Top hummus with peach herb mixture before serving.
3. Serve with red bell pepper strips, baby carrots, cucumber slices or pita chips, as desired.