
Safari Hummus

From "And Beyond" safari camps, Africa, 2015



3 cups garbanzo beans, canned, drained, saving
1/3 cup juice
3 tablespoons roasted garlic, chopped [I used 2
large cloves of fresh garlic]
1/3 cup lemon juice
1 tablespoon cumin seeds, toasted and ground
1/2 cup olive oil
1/4 cup peanut butter, creamy, like JIF
1/4 teaspoon cayenne
1/4 cup Italian parsley, chopped [reserve some
for garnish]
1 teaspoon salt

Yield: 3 1/2 cups

*Per Serving (excluding unknown items): 190 Calories; 13g
Fat (57.6% calories from fat); 5g Protein; 16g
Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 384mg
Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 0
Vegetable; 0 Fruit; 2 1/2 Fat.*

Carolyn T's Blog: tastingspoons.com

Servings: 12

1. Blend half of the garbanzo beans with everything else on the list - except the parsley - in a food processor. Puree until very smooth, scraping down the sides if necessary.
2. Add the other half of the beans and process a short time - you want to have a bit of texture to the mixture.
3. Add the parsley and add some of the garbanzo bean liquid if the mixture is too thick. Scrape into a bowl and refrigerate for a few hours to blend the flavors. Serve with bread or crackers or with freshly cut vegetables (carrot sticks, celery sticks, cucumber rounds).