

Garden Chef Lemongrass Hummus

2 Cloves	Garlic, peeled
1 Inch	Piece of fresh ginger, peeled
1	Lemongrass heart, chopped
1 Can	15 oz of garbanzo beans, rinsed
1	Lime, juiced
2 Tbsp	Sesame tahini
2 Tbsp	Coconut oil
1 Tsp	Toasted sesame oil
1 Tsp	Ground cumin
1/4 Tsp	Cayenne pepper
1/4 Tsp	Sea salt
1-2 Tbsp	Water, if needed

Pulse garlic, ginger and lemongrass in food processor to combine. Add garbanzo beans, lime juice, tahini, coconut oil, sesame oil, cumin, cayenne pepper and sea salt. Blend until desired consistency.

Add 1-2 tablespoons of water if needed for smoother consistency.

Serve with favorite pita or rice crackers.



ATLANTA BOTANICAL GARDEN

Recipe by Garden Chef Megan McCarthy