



+

Rocket Heffys Hummus

www.heffys.com

Ingredients:

- 2 Cloves Fresh Garlic
- 3-5 Tbsp Heffys Hot & Spicy BBQ
- 1 teaspoon Fresh Thyme
- 1 Can Garbanzo beans
- 4-5 Tbsp Tahini (organic)
- 5-7 Tbsp Extra Virgin Olive Oil
- 2 Tbsp Montreal Spice Mix
- 1/4 of Fresh lemon Juice (roughly)

Mince fresh garlic and thyme; combine with 1 tablespoon of Montreal in food processor for 3-5 seconds

Drain garbanzo beans, pouring off $\frac{1}{4}$ cup of the juice (save for use later). Add garbanzo beans, tahini, Heffys, 4 Tbls olive oil and 1 Tbls Montreal to processor and blend for 20-30 seconds.

Add part of poured off juice and additional olive oil, thoroughly blend 30-60 seconds or to your taste.

More recipes' @ heffys.com

