



GREEN PEA HUMMUS

"Move over guacamole, there's a new dip in town!"

INGREDIENTS:

1 c Green Pea Flake

$\frac{1}{4}$ c onion (*raw or caramelized*)

$\frac{1}{4}$ c packed parsley (*stems okay*)

1 clove garlic

1 Tbsp lemon juice

$\frac{1}{2}$ tsp salt

1 Tbsp olive oil

$\frac{1}{2}$ c hot water

DIRECTIONS:

1. Put all ingredients (**Green Pea Flakes, onion, parsley, garlic, lemon juice, salt, olive oil, hot water**) in a food processor, pulse together until smooth and creamy.
2. Add more water or Green Pea Flakes by the tablespoon until the hummus has reached desired consistency.
3. Serve.