



**Black Bean Hummus  
(adapted from Hungry for Health)**

- 1 can (15 oz) black beans, rinsed and drained**
- ¼ cup diced onion**
- 1 pinch of salt**
- 2-4 Tablespoons vegetable broth (depending on desired consistency)**
- ½ tsp cumin**
- 2 Tablespoons tahini**
- 2-3 cloves garlic, minced**
- 2 Tablespoons lemon juice**
- Cayenne pepper to taste**

**In a food processor, combine all ingredients. Refrigerate 1-2 hours for flavors to blend. Serve with carrot and celery sticks, tostada chips, or as a delicious spread for a tortilla wrap.**