



Mediterranean Spreads

~Hummus~



2 cans Garbanzo (25oz)
1 bulb Garlic, roasted
1/3c Tahini
1/4c Olive Oil
1-2 Lemons, juiced
2T Cumin
1T Turmeric
1T Celery Seed
1T Pepper
1T Salt

Keeping the garlic bulb whole, remove all of the outer paper layers that you can and then cut off the tip of the cloves. Facing the cut side up, drizzle a little olive oil into the open cloves, wrap in foil, and roast at 400 degrees for 30 minutes. After the garlic is finished, remove cloves from the paper and process with all other ingredients in a food processor until smooth.



~Falafel~

2c Garbanzos
1/4c Sunflower
1T Flax
3 cloves Garlic
1/4c Onion
1c Parsley
1/2c Cilantro

Lemon Zest
1/4c Nutritional Yeast
2T Coriander
1T Cumin
pinch Cayenne
2T Pepper
1T Salt

The garbanzos should be dry beans that have been soaked overnight. Rinse them very well and try to shake out as much water as possible in a colander. Process sunflower and flax seeds into flour with a small blender. Chop garlic, onion, parsley and cilantro and grate lemon zest. Add all ingredients to food processor and blend until it becomes granular (not chunky, but not smooth like a paste). Form into balls and fry half submerged in olive oil, flipping half way through to cook both sides evenly

~Tabouli~

2 Cucumbers
1 Tomato
1 Onion
3-6 bunches of Parsley
1 handful of Mint

1-2 Lemons, juiced
2T Olive Oil
1/4c Hemp Seeds
3T Chopped Golden Raisins
Salt & Pepper

Chop parsley and mint very fine. De-seed and finely dice both tomato and cucumber. Dice onion and chop raisins. Mix everything together and allow several hours to marinate in the lemon juice.