



# Body and Soul Nourishment

Inspiration for a Healthy Lifestyle

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## Basil Hummus (Or Rosemary)

- Prep time: 15 minutes
- Cook time: 5 minutes

### Ingredients

- **1/4 cup pine nuts**
- **2 cups sweet basil leaves, packed**
- **3 cloves garlic, smashed then minced**
- **2 15-ounce cans garbanzo beans (chickpeas), rinsed and drained\* Can also use cannelloni beans as well!**
- **1/4 cup olive oil**
- **Up to 1/4 cup water**
- **1/3 cup fresh lemon juice**
- **1 1/2 to 2 teaspoons salt**
- **Dash of black pepper**
- **One drop of Basil essential oil, and one drop lemon essential oil, if desired for more flavor**

**For Rosemary hummus, omit the pine nuts and basil and add 1-2 Tablespoons minced fresh Rosemary, 1-2 drops rosemary essential oil, 1-2 drops lemon essential oil**

**Put all together in blend or food processor and adjust ingredients as needed to get consistency you like!**

**Enjoy!**