

Spring Edamame and Green Pea Hummus

Ingredients

- ▶ 1 1/2 cups frozen organic shelled edamame
- ▶ 1 1/2 cups frozen green peas
- ▶ 2 garlic cloves
- ▶ 3 tablespoons well-stirred almond butter
- ▶ 3-4 tablespoons freshly squeezed lemon juice
- ▶ 1/4 teaspoon red pepper flakes
- ▶ 1/2 teaspoon salt
- ▶ 1/4-1/2 cup water

Procedure

1. Boil both edamame and green peas in a pot till softened.
2. Once cool, add them to a high-speed blender together with all the other ingredients.
3. Add water as needed while processing to reach a smooth, creamy texture.

