Walnut Spread

*(makes 2 ½ cups)*

Ingredients:

1 15-oz. can garbanzo beans

1 cup chopped walnuts

1 cup lightly packed fresh basil leaves

¼ cup organic extra virgin olive oil

2 tbsp.fresh lemon juice

¼ tsp. each salt and pepper

Preparation:

1. Drain beans, reserving liquid.
2. In food processor, combine ¼ cup of the reserved liquid with remaining ingredients.
3. Cover and process, scraping down sides and adding liquid as needed to make a smooth mixture.
4. Serve with rice crackers and/or raw baby carrots, cucumber sticks, and fresh string beans (or any raw veggie you like).

Store in refrigerator for 4-5 days.

Suggested brands for gluten-free crackers/chips:

Mary’s Gone Crackers - <http://www.marysgonecrackers.com>

Food Should Taste Good Chips - <http://www.foodshouldtastegood.com>