

Simple Wild Garlic Recipe- *Allium vineale* Hummus

Ingredients

- 1 15 oz. can of chickpeas (about 1 ½ cups), drained
- 20 large wild garlic stems (adjust more or less to taste)
- ½ cup olive oil
- 1 tbsp. tahini
- 2 tbsp. lemon juice
- 1 tbsp. nutritional yeast
- Salt, to taste

Steps

1. Drain and rinse the chickpeas, and add them to your food processor. Rinse off the wild garlic, and remove any dried stems, and place them in the food processor as well. Add the lemon, tahini, olive oil, and nutritional yeast, and process until completely smooth. Add salt to taste, and add a little more of any other ingredients to suit your preferences. Top with a little more olive oil, and serve immediately or chill for later.

