

拉麵さん (RAMEN-SAN®)

EDAMAME HUMMUS

Serving Size: 2

EDAMAME HUMMUS INGREDIENTS

- Edamame Base, recipe below
- 1 Tbsp Edamame, Chopped
- 1 Tsp Garlic Oil
- 1 Tsp Roasted White and Black Sesame Seeds
- Crackers/Crisps of your choice

EDAMAME HUMMUS METHOD

1. Spread out hummus on the center of a plate
2. Drizzle with garlic infused olive oil
3. Chop the remaining edamame and pile in the center, top with roasted white and black sesame seeds
4. Enjoy with crackers or crisps of your choice!
(Refrigerate any leftovers and consume within three days).

EDAMAME HUMMUS BASE INGREDIENTS

- 2½ Cups Edamame, shelled
- 4 Cloves Garlic, peeled
- ¼ Ripe Avocado
- ¼ Cup Cilantro, chopped
- ½ Tbsp Lemon Juice
- ¼ Cup Oil

EDAMAME HUMMUS BASE METHOD

1. Boil the shelled edamame until tender (approximately three minutes), then transfer the pods to cool in ice water
2. Once cooled, transfer edamame into a high powered blender
3. Add in garlic cloves, avocado, cilantro, lemon juice, and oil
4. Puree on high using a spatula to push the product down until smooth and silky
5. Set product over ice to cool

