

Hummus

Serves 8



Ingredients:

- 2 cups garbanzo beans, cooked (chickpeas)
- 2 cloves garlic (minced)
- ¼ cup lemon juice
- 1 tablespoon sesame tahini ((sesame paste) or substitute peanut butter for a sweet taste)
- 2 tablespoons olive oil

Directions:

1. Mash the garbanzo beans until smooth (if you have a blender, put the beans and lemon juice into it and blend).
2. Add the garlic, lemon juice, tahini and oil. Mix well.

TIPS:

- You can substitute canned for dried beans as one 15½-ounce can (drained) beans equals 1½ cups cooked beans.
- Any kind of canned bean can be tried in this dip recipe.
- If you don't have tahini or peanut butter, just leave it out or try adding a little more oil for a creamier consistency.

Nutrition Facts	
8 servings per container	
Serving size 1/8 of recipe (55g)	
Amount per serving	
Calories	110
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	6%
Potassium 130mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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