

Ingredients

1 can chickpeas (15.5 oz) no salt added, rinsed and drained	1/2 tsp salt
1 clove garlic, minced	1/4 tsp black pepper
1/4 cup water	
2 Tbsp tahini (sesame seed paste)	
2 Tbsp fresh lemon juice	
1 Tbsp olive oil	

Instructions

Place beans and garlic in a food processor. Pulse 5 times or until chopped. Add water and remaining ingredients. Puree until smooth, scraping down sides as needed.

Nutrition Information Per Serving

Serving Size: 2 Tbsp

Serves 12

Calories: 60

Fat: 3 gm

Sodium: 105 mg

Fiber: 2 gm

Carbohydrates: 7 gm

Protein: 3 gm