

Ingredients

1/2 can chickpeas (15.5 oz) no salt added, rinsed and drained
1 clove garlic, minced
1/8 cup water
1 Tbsp tahini (sesame seed paste)
1 Tbsp fresh lemon juice
1 1/2 tsp olive oil

1/4 tsp salt
1/8 tsp black pepper

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 6

Calories: 60

Fat: 3 gm

Sodium: 105 mg

Fiber: 2 gm

Carbohydrates: 7 gm

Protein: 3 gm