

Traditional Hummus

Servings: 12 - 4 Tbsp

amount	unit	Ingredients:
2	can	chickpeas (garbanzo beans) 15.5 ounce can, no salt added, rinsed and drained
2	clove	garlic
0.5	cup	water
4	Tbsp	tahini (sesame seed paste)
4	tbsp	fresh lemon juice
2	tbsp	olive oil
1	tsp	salt
0.5	tsp	black pepper

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.

Nutritional Information per serving:

Calories: 120; Carbohydrates: 14gm; Fiber: 4gm; Sugar: 0; Protein: 6gm; Fat: 6g; Saturated fat: 0; Cholesterol: 0; Sodium: 210mg