

Perfect Hummus

EASY | RECIPE

Ingredients:

- 1 can (19 oz.) **chickpeas**, drained and rinsed
- ¼ cup fresh **lemon juice**
- 2 tbsp **tahini** (sesame seed paste)
- 1 clove **garlic**, minced
- 1 tbsp **olive oil**
- ¼ tsp **salt**
- 1 tsp **ground cumin**
- 2-3 tbsp **water**

Method:

Combine all ingredients except water in a blender or food processor and blend. **Scrape** the sides and blend again. **Add** water as needed to reach desired consistency. **Blend** again until smooth. **Taste** for salt and adjust as needed. **Serve** with whole-grain pita, carrot sticks and cucumber.



Makes 6 servings. Per serving:

148 calories | 5g protein | 6g total fat | 1g saturated fat | 3g mono fat | 2g poly fat |
20g carbohydrate | 0g sugar | 4g fiber | 240mg sodium