

Simple Hummus

This recipe is the perfect dip for baked chips and raw veggies. Try blending in roasted red peppers, roasted garlic, banana peppers, or chipotle peppers for extra flavor! You can also try other beans, like black beans or edamame. Microwaving the beans you choose will make the hummus super creamy!

U.S.

1-2 cloves	Garlic, rough chopped
1 (15 oz) can	Garbanzo Beans, drained and rinsed
1/2 each	Lemon, juiced
1/4 cup	Water
1/4 cup	Extra Virgin Olive Oil
1/2 tsp	Salt
To taste	Black Pepper
1/2 tsp	Hot Sauce (optional)

Metric

1-2 cloves
1 (15 oz) can
1/2 each
60 mL
60 mL
3 g
To taste
2.5 mL

For Serving:

2 medium	Carrots	2 medium
1 medium	Cucumber	1 medium

Preparation:

1. Gather all ingredients and equipment.
2. Blend all ingredients in a food processor or blender until smooth. If hummus is too thick, add water a tablespoon at a time until desired consistency is reached.
3. Refrigerate after making.

Optional Step: Before blending, microwave the chickpeas until hot (1-2 minutes on high). This will result in a smoother hummus.

To Serve: Cut carrots and cucumber into sticks and use to dip hummus.

Nutrition Facts

8 Servings

Serving size **1/4 cup Hummus (does not include vegetables)**

Amount per serving

Calories **110**

Calories from Fat 70

Total Fat 8 g

 Saturated Fat 1 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 190 mg

Total Carbohydrate 8 g

 Dietary Fiber 2 g

 Total Sugars 0 g

 Includes 0 g Added Sugars

Protein 2 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 40 mg

Phosphorus 26 mg
