



Simple Hummus

Try other flavors blended into the hummus like roasted red pepper, roasted garlic, banana peppers or chipotle peppers! You can also try other beans, like black beans or navy beans.

U.S.

1 clove	Garlic, rough chopped
1 (15 oz) can	Garbanzo Beans, drained and rinsed
1/2 each	Lemon, juiced
1/3 cup	Water
1/4 cup	Extra Virgin Olive Oil
1/2 tsp	Kosher Salt
To taste	Black Pepper, ground
1 tsp	Hot Sauce (optional)

Metric

1 clove
1 (15 oz) can
1/2 each
75 mL
60 mL
3 g
To taste
5 mL

Preparation:

1. Gather all ingredients and equipment.
2. Before blending, drain chickpeas and microwave until hot (about 1-2 minutes on high). This will result in a smoother hummus.
3. Add all ingredients to a food processor or blender and blend until smooth. If hummus is too thick, add warm water a tablespoon at a time until the hummus is smooth and creamy.
4. Store in an airtight container in the refrigerator.

Nutrition Facts

8 Servings

Serving size **1/4 cup Hummus**

Amount per serving

Calories **110**

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
