



Simple Hummus with Veggies

U.S.

1 (15 oz) can	Garbanzo Beans (Chickpeas), drained, rinsed
1-2 cloves	Garlic
1/2 each	Lemon, juiced
1/4 cup	Water
1/2 tsp	Salt, Kosher
to taste	Black Pepper, ground
1/2 tsp	Hot Sauce (optional)
1/4 cup	Olive Oil

Metric

425.2 g
1-2 cloves
1/2 each
59.2 mL
3 g
to taste
2.5 mL
59.2 mL

For Serving:

2 medium	Carrots, julienned	x
1 stalk	Celery, julienned	2 medium
		1 stalk

Preparation:

1. Gather all ingredients and equipment.
2. Blend all ingredients for hummus in a food processor or blender until smooth.
3. Water can be added, 1 Tbsp at a time, until desired consistency is reached.
4. Refrigerate after making.
5. Slice Vegetables into sticks and use for dipping.

Nutrition Facts

Serving size	1/4 cup hummus
Servings	1/2 cup veggies
	8
Calories	120
Calories from Fat	70
Total Fat	8 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	5 g
Cholesterol	0 mg
Sodium	200 mg
Carbohydrates	10 g
Dietary Fiber	3 g
Sugars	2 g
Protein	3 g
Vitamin A	50 %
Calcium	4 %
Vitamin C	6 %
Iron	1 %
Phosphorus	58 mg