

Chickpea Hummus Recipe



Directions

- Mix ingredients into a bowl.
- Use potato masher, food processor, or blender to combine the ingredients.
- If texture is rough add more olive oil.
- Add contents into a bowl and add paprika to top as desired.

Nutrition

- Serving Size: 1/2 Cup
 - calories per serving=166 cal
 - fat per serving = 10 grams
 - protein per serving = 8 grams
 - carbs = 14 grams
- **Based on a 2000 cal diet

Benefits

- 01** Hummus is rich in iron, potassium, and vitamins. Hummus is rich in fiber and promotes digestive health.
- 02** When consumed in moderation hummus may help control blood sugar levels.
- 03** Values may vary depending on many factors. Please discuss diet as well as health with licensed practitioner.

Ingredients

- 2 cups of canned chickpeas drained
- 1/3 cup of tahini
- 1/4 cup of lemon juice
- 1 tablespoon of olive oil
- 2 garlic cloves, crushed,
- a pinch of salt