



# HUMMUS

Preparation Time: 5 min      Servings: 16

## Ingredients

- 2 cups canned garbanzo beans, drained
- 1/3 cup tahini (*sesame seed butter*)
- 1/4 cup lemon juice
- 2 cloves garlic, halved
- 1 tablespoon olive oil
- 1 pinch paprika
- 1 teaspoon minced fresh parsley

## Directions

- Place the garbanzo beans, tahini, lemon juice, salt and garlic in a blender or food processor. Blend until smooth. Transfer mixture to a serving bowl.
- Drizzle olive oil over the garbanzo bean mixture. Sprinkle with paprika and parsley. Serve as a dip with raw vegetables or pita bread. Or, use as a spread on wraps or sandwiches.

## Nutrition Tips



Did you know that hummus is a great source of protein and fiber? One of hummus' main ingredients are garbanzo beans (also known as chickpeas). Garbanzo beans can also help lower cholesterol and improve blood sugar levels; this makes hummus a great food for diabetics and insulin-resistant individuals. Hummus also contains tahini oil, which is ground sesame seed paste. You can find tahini oil in the ethnic aisle of your grocery store. Try hummus with bread, crackers, or raw vegetables for a quick and healthy snack!

## Nutrition Facts

Serving Size 2 Tbsp

Servings per Recipe 16

### Amount Per Serving

**Calories** 80    Calories from Fat 45

**Total Fat** 5g

Saturated Fat 1g

**Cholesterol** 1.5mg

**Sodium** 63mg

**Total Carbohydrate** 6g

Dietary Fiber 2g

**Protein** 3g

