



# After School Hummus

Servings 8 | Prep time 15 mins. | Total time 15 mins.

## Equipment:

Can opener  
Colander  
Blender or food processor

## Utensils:

Stirring spoon  
Measuring cups and spoons

## Ingredients

1 15 ounce can no salt added garbanzo beans (chickpeas)  
2 cloves garlic OR 2 teaspoons garlic powder  
1 1/2 tablespoons lemon juice (about 1 lemon)  
1 teaspoon ground cumin  
2 tablespoons olive oil OR vegetable oil  
1/8 teaspoon ground black pepper  
1/2 cup plain low-fat yogurt  
2 tablespoons water

## Instructions

1. Before you begin, wash your hands, surfaces, utensils, and tops of cans.
2. Use a colander to drain garbanzo beans. Discard liquid.
3. In the bowl of a blender or food processor, combine garbanzo beans, garlic, lemon juice, cumin, oil, and pepper. Blend on low speed until the beans are mashed and consistency is smooth.
4. Stir in 1/2 cup yogurt OR 2 tablespoons water with a spoon.
5. For best results, refrigerate for several hours or overnight so the flavors can blend.

Nutritional Information:

Calories 80 Total Fat 4.5g Sodium 0mg Total Carbs 9g Protein 3g

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