



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