

Heavenly Hummus

Use hummus instead of mayonnaise for a low-fat sandwich spread.

Serves 20



Ingredients

- 2-15 ounce cans garbanzo beans, drained and rinsed with 1/3 cup liquid reserved
- 2 cloves garlic, minced
- 1 lemon, juiced
- 3 tablespoons olive oil
- 2 tablespoons tahini
- 1 teaspoon salt
- 1 teaspoon cumin

Nutrition Facts

Serving Size (48g)
Servings Per Container 20

Amount Per Serving

Calories 70 **Calories from Fat 35**

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 240mg **10%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 2g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Puree ingredients in a food processor until the consistency is smooth.
2. Serve with pita bread, tortilla chips or your favorite veggies.

Please note: nutritional values are approximate.

