

# White Bean Hummus

For a different flavor, try this creamy dip as an alternative to traditional hummus.

Serves 10



## Ingredients

- ¼ cup olive oil
- ½ lemon, juiced
- 2 tablespoons tahini (sesame-seed paste)
- 1 tablespoon fresh oregano
- 1/4 teaspoon ground cumin
- 1 can (15 ounces) white beans, rinsed and drained
- 1 garlic clove, peeled
- salt and pepper to taste

## Nutrition Facts

Serving Size 2 tablespoons  
Servings Per Container about 10

Amount Per Serving

**Calories 100**    Calories from Fat 70

% Daily Value\*

**Total Fat 7g**                      **11%**

    Saturated Fat 1g                **5%**

    Trans Fat 0g

**Cholesterol 0mg**                **0%**

**Sodium 15mg**                    **1%**

**Total Carbohydrate 7g**        **2%**

    Dietary Fiber 2g                **8%**

    Sugars 0g

**Protein 3g**

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 all ingredients in food processor. Serve with fresh veggies or pita chips.

Please note: nutritional values are approximate.

