

# Hummus



## Ingredients:

- 1 (15.5-ounce) can chickpeas (garbanzo beans)
- ¼ cup lemon juice
- 3 cloves garlic, crushed
- 4 Tablespoons tahini
- 1 teaspoon salt



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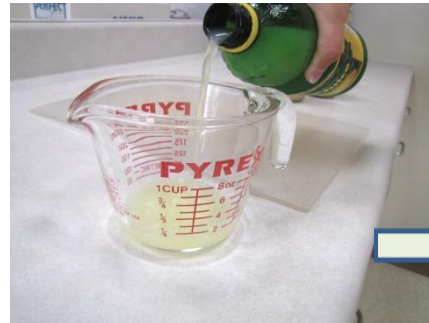
# DIRECTIONS



1. Drain and rinse chickpeas.



2. Add peas to blender or food processor.



3. Measure lemon juice. ¼ cup



4. Add lemon juice to chickpeas, puree.



6. Crush and chop garlic cloves.



7. Add garlic to blender.

# DIRECTIONS



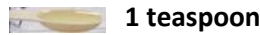
**7. Add tahini.**



**4 Tablespoons**

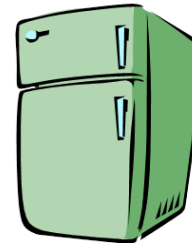


**8. Add salt.**



**9. Blend all ingredients until smooth.**

# Refrigerate



## Nutrition Facts

Serving Size (23g)		Servings Per Container 24	
Amount Per Serving			
<b>Calories</b> 35	<b>Calories from Fat</b> 15		
% Daily Value*			
<b>Total Fat</b> 1.5g	<b>2%</b>		
Saturated Fat 0g	<b>0%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 0mg	<b>0%</b>		
<b>Sodium</b> 150mg	<b>6%</b>		
<b>Total Carbohydrate</b> 5g	<b>2%</b>		
Dietary Fiber 1g	<b>4%</b>		
Sugars 0g			
<b>Protein</b> 1g			
Vitamin A 0%	Vitamin C 4%		
Calcium 2%	Iron 2%		

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