

Recipe for



Oil Free Hummus

SERVES 2 - 4

Serving Size: 2 Table Spoons

PREP TIME/TOTAL

TIME Approx 15 min / 20 min

NUTRITION INFORMATION

Total Calories 52

Fat 2.3 g

Protein 2.2

Carbohydrates 5.4

Fiber 1.8

INGREDIENTS

2 cups of boiled chickpeas (retain enough liquid so chickpeas are submerged)

or one 15 oz can of chickpeas

1 garlic clove

Juice of 1 lemon

¼ - ½ tsp of salt- may substitute 1 tsp of soy sauce (tamari)

2 tablespoons of tahini or 3 tablespoons of lightly roasted sesame seeds

½ tsp of ground cumin (optional)

½ tsp of paprika (optional)

DIRECTIONS

Combine all ingredients in a blender and blend until smooth.

If using sesame seeds, lightly roast them on low to medium heat in a skillet on a stove. Approximately 2-3 minutes

1-3 tablespoons of water or veggie broth may be added to achieve desired consistency.