

HOMEMADE HUMMUS

MAKES 6

INGREDIENTS

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1 (16 OUNCE) CAN OF CHICKPEAS 1/4 CUP LIQUID FROM CAN OF CHICKPEAS 1 TABLESPOON OIL 3 TABLESPOONS LEMON JUICE 2 CLOVES GARLIC, MINCED OR 1/2 TEASPOON GARLIC POWDER

INSTRUCTIONS

1. Drain and rinse chickpeas, reserving 1/4 cup of liquid from the can.
2. Combine all ingredients in a blender, food processor, or plastic storage bag.
3. Blend or mash until smooth.
4. Place in a serving bowl, and serve with your favorite cut-up vegetables, like carrots, celery or cucumbers, or whole grain crackers.
5. Refrigerate leftovers.



Nutrition Facts

Servings: 6

Amount per serving	107
Calories	% Daily Value*
Total Fat 3.1g	4%
Saturated Fat 0.4g	2%
Cholesterol 0mg	0%
Sodium 211mg	9%
Total Carbohydrate 16.3g	6%
Dietary Fiber 3.1g	11%
Total Sugars 0.2g	
Protein 3.6g	
Vitamin D 0mcg	0%
Calcium 25mg	2%
Iron 1mg	5%
Potassium 134mg	3%

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