

# Hummus

**Makes**  
12 servings

**Prep time**  
15 minutes

**Good source of**  
Fiber

**Ingredients:**

- 1 can chickpeas or garbanzo beans, drained and rinsed
- 1 clove garlic
- 3 Tbsp. lemon juice
- 4 Tbsp. tahini (optional)
- 2 Tbsp. olive oil
- 1 tsp. paprika (optional)

## Nutrition Facts

12 servings per container  
Serving size 2 tablespoons (46g)

Amount per serving  
**Calories** **70**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 19mg	2%
Iron 1mg	6%
Potassium 73mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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## Directions:

1. Put 1 can of chickpeas or garbanzo beans, garlic, and lemon juice in a blender or food processor. Blend until smooth.
2. Add tahini, olive oil, and paprika, and continue blending until smooth and creamy.
3. Transfer into a bowl and add optional garnish. Refrigerate any leftovers.

**Serve:** Slice up raw vegetables, like carrots, cucumbers, or bell peppers, or whole wheat pita bread or titiyas.

