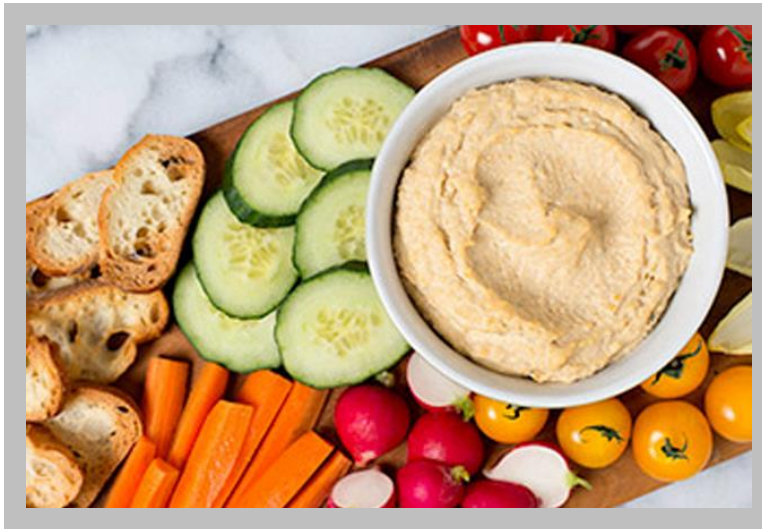


## Hummus



Servings: 1 Cup

### Ingredients

1 cup	drained and rinsed canned chickpeas
1/4 cup	water
1/4 cup	tahini (sesame seed paste)
2 Tbsp	freshly squeezed lemon juice
5 tsp	olive oil
1 tsp	minced garlic

### Instructions

1. In a food processor, combine the chickpeas, water, tahini, lemon juice, oil and garlic. Purée.
2. Keeps refrigerated for up to 4 days.

Nutrition: per tbsp:

Calories 33 Protein 1 g Net carbohydrates 2 g Fat 2 g Saturated Fat 0 g Sodium 20 mg Fibre 1 g