



Hummus

Yield: 8 servings

Ingredients

15 ounces canned chickpeas,
low sodium, drained
and rinsed
1 garlic clove, peeled
¼ cup lemon juice
2 tablespoons tahini
¼ teaspoon ground black pepper
¼ teaspoon kosher salt
½ cup water

Instructions

1. In a small food processor or blender add chickpeas and garlic, blend until finely chopped.
2. Add lemon juice, tahini, pepper and salt. Blend until mixture is starting to get smooth.
3. Slowly add in water and continue blending until mixture is smooth and creamy but not soupy. (you may not need all the water)



Nutrition Information

Serving Size: ¼ cup

Calories: 71

Total Fat: 3 g

Saturated Fat: .3 g

Monounsaturated Fat: 1 g

Polyunsaturated Fat: 1.3 g

Sodium: 132 mg

Total Carbohydrate: 8.6 g

Dietary Fiber: 2.5 g

Sugars: 1.5 g

Protein: 3.3 g

Source: Spectrum Health

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