



Hummus



Start to finish time: 5 minutes

Number of servings: 10

Nutrition Facts

Serving size 1/4 cup

Amount per serving
Calories 63

% Daily Value*

Total Fat	3.5g	4 %
Saturated Fat	0.3g	2 %
Trans Fat	0g	
Cholesterol	0.2mg	0 %
Sodium	289mg	13 %
Total Carbohydrate	6.5g	2 %
Dietary Fiber	1.7g	6 %
Total Sugars	0g	
Includes	0g Added Sugar	0 %
Protein	2g	
Vitamin D	0mcg	0 %
Calcium	18mg	1 %
Iron	0.3mg	2 %
Potassium	42mg	1 %

* The % Daily Value (DV) 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.

FOOD SAFETY TIPS

1. Wash hands with warm, soapy water for 20 seconds.
2. Sanitize all food preparation surfaces.
3. Rinse and clean all produce.

INGREDIENTS:

- 1 clove garlic (minced)
- 1 large lemon (juiced)
- 1 (15½-ounce) can garbanzo beans (drained and rinsed)
- ½ cup warm water
- 2 Tablespoons low-fat plain yogurt
- 2 Tablespoons canola oil
- 1 teaspoon salt
- ¼ teaspoon ground black pepper

Optional Ingredients:

- 1 fresh red pepper (chopped) or 3 roasted red peppers from a jar
- Pinch ground cumin, ground cayenne pepper, or red pepper flakes

DIRECTIONS:

1. Gather and prepare ingredients.
2. Add all ingredients, except for the water, to a blender. If you are using the optional spices, add them too.
3. Blend until smooth, adding water to thin the mixture as needed.
4. Serve with your favorite vegetables, pretzels, or whole wheat crackers. Enjoy!



STEP-BY-STEP DIRECTIONS:



Step 1

Gather and prepare ingredients.



Step 2

Add all ingredients, except for the water, to a blender. If you are using the optional spices, add them too.



Step 3

Blend until smooth, adding water to thin the mixture as needed.



Step 4

Serve with your favorite vegetables, pretzels, or whole wheat crackers. Enjoy!

SUBSTITUTIONS:

- Tahini can be used in place of the yogurt.

MSU EXTENSION NOTES:

- If you do not have a blender, mash the chickpeas with a fork or potato masher before adding the remaining ingredients. Mix well, adding water if needed for easier mixing and desired consistency.

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