

Hummus

Yield: 2 cups

Ingredients

1 can (19 oz./540 mL) chickpeas, drained and rinsed
1/3 cup (75 mL) tahini
1/4 cup (50 mL) lemon juice
3 Tbsp. (50 mL) water
1 Tbsp. (15 mL) canola oil
3/4 tsp. (4 mL) ground cumin
1/4 tsp. (1 mL) salt
1 clove garlic, minced, if desired

Preparation

You can make the recipe ahead and refrigerate in an airtight container for up to 3 days.

In food processor, blend together chickpeas, peanut butter, lemon juice, water, canola oil, cumin and salt until smooth.

Stir in garlic if desired.

PER 2 TABLESPOONS

(approximate values)

Calories: 75

Calcium: 20 mg

Vitamin D: 0 IU