



NUTRITION CONSULTING INC.

Hummus

Hummus is great served with pita bread, veggies, or as a spread in a sandwich. This recipe is lower in calories than most since oil is replaced with yogurt.

Makes 12 servings

What you need:

1 can (19 oz./540 ml) chickpeas (also known as garbanzo beans), drained
2 green onions
2-4 large cloves garlic
1/4 cup lemon juice
1/4 cup tahini (sesame seed paste)*
1/2 tsp cumin
1/2 tsp salt
Fresh ground pepper to taste
1/2 cup low-fat plain yogurt

**tahini is found in jars/containers in deli's, or ethnic sections of your grocery store*

How you prepare:

In a food processor or blender, purée all of the above ingredients except the yogurt, until smooth. Mix in yogurt. Chill or serve at room temperature as a dip for pita bread, crackers, raw veggies or as part of a sandwich.



Per serving:

Calories 91
Carbohydrates 13 g
Protein 4 g
Fat 3 g
Dietary Fiber 3 g

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