

Are We There Yet?

Classic Hummus

1 (15 ounce) can chickpeas, drained

- Keep juice – may need for blending

3 TBS. Sesame Tahini

2 TBS. Extra Virgin Olive Oil

3-4 cloves garlic, chopped

Juice of 1 large lemon

Kosher salt to taste

Fresh ground pepper

In a food processor or blender combine all ingredients until smooth, but thick. Add small increments of remaining juice or water, if needed, to produce a smooth hummus.

Store covered in refrigerator for up to 5 days.

*Serve with fresh veggies, whole grain crackers or even Naan Bread if you like.

Nutrition Facts per serving: Serves 6

Serving Size: ¼ cup

Calories: 151

Total Fat: 10g

Sat Fat: 1.3g

Sodium: 85mg

Total Carbohydrates: 14g

Dietary Fiber: 4g

Protein: 5g