

Basic Hummus

10 Servings



What you need:

- 1 15-ounce can chickpeas (also known as garbanzo beans)
- 2 cloves fresh garlic, minced
- 1/4 cup sesame tahini
- 1/3 cup lemon juice
- 1/4 teaspoon cayenne

All you do:

1. Drain the chickpeas, saving the juice. Dump the beans into the food processor.
2. Add the remaining ingredients and blend until smooth. If the mixture is too thick add some of the bean juice; blend until it reaches the desired consistency.

Nutrition per serving: Calories 92, Fat 4g, Protein 3g, Carbohydrates 12g, Cholesterol 0mg, Sodium 128mg