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A Tasty Twist on Traditional Hummus



So many folks tell me they work so hard to count their calories and then blow it all on a fattening treat. Don't let snacks sidetrack your progress! Want a healthy go-to? Try this new twist on tasty hummus. So easy to whip up and it keeps well too. Pop it in a small snack size BPA-free travel container with some fresh veggies or homemade whole-wheat pita chips and enjoy!

Black Bean Hummus

Ingredients

- 16 ounces black beans, drained
- 16 ounces butter beans, drained
- 1 clove of garlic, minced
- 1 teaspoon ground cumin
- 2 tablespoons tahini (sesame seed paste)
- 1 tablespoon freshly squeezed lemon juice
- 4 tablespoons olive oil
- 1 dash of salt and black pepper, to taste
- 1 bunch of fresh cilantro, for garnish (optional)

Preparation

Place all ingredients except salt, pepper and cilantro in food processor bowl; blend together well. Season to taste with salt and pepper; cover and chill.

Garnish with cilantro and serve with fresh crudité's and homemade whole-wheat pita chips.

Makes about 3 cups (18 servings).

Prep Time: 5 mins

Total Time: 5 mins

Nutrition Facts

Number of Servings: 18

Amount Per Serving

Calories: 76

Total Fat: 4 g

Saturated Fat: 1 g

Cholesterol: 0 mg

Sodium: 110 mg

Total Carbohydrate: 7 g

Dietary Fiber: 2 g

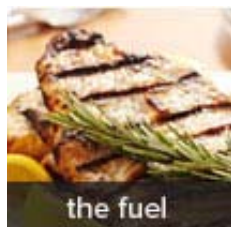
Protein: 3 g

*Recipe Source: National Pork Board***Want some extra TLC?**

Working out is great, but if you really want results — you need daily support, motivation, and a personalized plan to keep you on track. Join Jillian and get everything you need!

[Lose With Jillian](#)**The Regimen**

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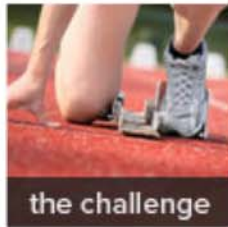
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