**White Bean Hummus**

**Ingredients**

**1 15 oz. can small white beans, rinsed and drained**

**¼ c. extra virgin olive oil**

**2 Tb. fresh lemon juice**

**2 tsp. chopped garlic (or two cloves, peeled)**

**½ tsp. fresh thyme leaves (optional)**

**½ tsp. salt**

**½ tsp. fresh ground pepper**

**Preparation**

In a food processor, combine beans, olive oil, lemon juice, garlic, fresh thyme leaves, salt, and pepper. Blend until smooth.

**Nutritional Information (Per Tablespoon)**

Calories:

92 (70% from fat)

Protein:

2g

Fat:

7.2 (sat 1)

Carbohydrate:

5.4

Fiber:

1.4

Sodium:

189mg

Cholesterol:

0.0mg