



Oil-Free Hummus

6 servings

5 minutes

Ingredients

- 2 cups Chickpeas (cooked)
- 1 Garlic (clove, minced)
- 1/4 cup Lemon Juice
- 1 tsp Sea Salt
- 1/3 cup Tahini
- 1/4 cup Water (cold)

Nutrition

Amount per serving	
Calories	172
Fat	9g
Carbs	19g
Fiber	5g
Protein	7g

Directions

- 1 Add the chickpeas to the bowl of a food processor and blend until pureed.
- 2 Add the garlic, lemon juice, salt and tahini. Turn the food processor on high and slowly stream in the cold water. Continue to blend until really smooth and creamy. Season with additional salt or lemon juice, if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

Serving Size: One serving is approximately 1/3 cup of hummus.

Serve it With: Veggie sticks, brown rice tortilla chips, crackers, on a salad, in a wrap or as a sandwich spread.

Consistency: If hummus is too thick, add additional cold water, one tablespoon at a time.