

Hummus

Ingredients

2 cans garbanzo beans, rinsed and drained
1/4 cup lemon juice
1/4 cup Tahini
2 cloves garlic
1 teaspoon olive oil
1/4 teaspoon salt

Method

Combine chick peas, lemon juice, tahini, garlic, olive oil and salt in blender container. Process until mixture is smooth. Serve at room temperature or chilled. Yields 2 cups dip to serve 8.

Note

Calories: 124, total fat: 5g, dietary fiber: 3g, protein: 4g, vitamin C, 10 percent.