

FREE SAMPLE RECIPE · HAWKINC KITCHEN

Creamy Lemon Hummus

Chickpeas, garlic, lemon and cumin blended silky smooth. 6 g protein and 4 g fiber in 2 tablespoons.

Makes 8 servings | Serving: 2 tablespoons | About $0.45 per serving | 10 min | 100 calories · 4 g fiber

Ingredients

- 1 can (15-16 ounces) garbanzo beans or chickpeas, drained and rinsed
- 2 medium garlic cloves, minced
- 2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1 tablespoon oil (canola, olive, or vegetable)
- 1/8 teaspoon ground black pepper
- 2/3 cup plain yogurt or sour cream

Nutrition Facts

Per serving (2 tablespoons)

Calories	**100**
Total Fat	3.5 g
Saturated Fat	0 g
Sodium	140 mg
Total Carbohydrate	13 g
Dietary Fiber	4 g
Total Sugars	3 g
Added Sugars	0 g
Protein	6 g
Calcium	48 mg
Iron	1 mg
Potassium	101 mg

Method

1. Put all the ingredients in a blender or food processor.
2. Blend until completely smooth, scraping down the sides as needed.
3. Serve with raw vegetables, whole grain crackers or pita chips.

Swaps: Use olive oil and finish with a drizzle of oil, a pinch of paprika and chopped parsley. A spoonful of tahini makes it more traditional.

Storage: Refrigerate in a covered container up to 4 days.

Why it's good for you

- Chickpeas provide plant protein and fiber.[1]
- Fiber supports healthy digestion.[2]

[1] Harvard T.H. Chan School of Public Health, The Nutrition Source: Legumes and Pulses, https://nutritionsource.hsph.harvard.edu/legumes-pulses/ [2] Harvard T.H. Chan School of Public Health, The Nutrition Source: Fiber, https://nutritionsource.hsph.harvard.edu/carbohydrates/fiber/

Recipe adapted from Iowa State University Extension and Outreach, Spend Smart. Eat Smart.: https://spendsmart.extension.iastate.edu/recipe/after-school-hummus/. Nutrition per serving and cost as published by the source; method rewritten. General information, not medical advice.

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