

Easy Hummus Dip

(serves 6)

Hummus is great as a dip with veggie sticks, and as a sandwich spread.



Ingredients

1 can (15 ounces) garbanzo beans (chickpeas), drain and save liquid, rinse beans
1 1/2 tsp minced garlic
1 Tbsp ground cumin
2 Tbsp olive oil
3 Tbsp reserved bean liquid

Directions

1. Wash hands.
2. Place all ingredients into a food processor or blender.
3. Process together until a smoother consistency.
4. Serve with whole wheat pita bread, pretzels, or veggie sticks.
5. Cover and refrigerate leftovers. Eat within 4 days.

Tips: For a smoother consistency, may need to add additional small amounts of bean liquid or water.

Nutrition Facts per serving: 100calories, 6g fat, 100mg sodium, 10g carbohydrate, 3g fiber, 3g protein

Recipe by Eat.Move.Save. Illinois Nutrition Education Programs. University of Illinois Extension

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