

## Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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## Hummus



1 (15 oz.) can of garbanzo beans, rinsed and drained2 Tablespoons Tahini2 teaspoons lemon juice

3 Tablespoons olive oil 2 garlic cloves 1 ½ Tablespoons water Optional: cumin, paprika, hot sauce

Instructions: Blend all the ingredients in a blender. Serve with cut vegetables, pita chips, or as a spread.

Yield: 10 servings

**Nutrition Facts** (per serving): 90 calories, 7 grams fat, 125 milligrams sodium, 7 grams carbohydrate, 2 grams fiber, 3 grams protein