

College of Public Health and Human Sciences

Homemade Hummus

Ingredients:

- 2 cloves garlic
- 1 (16oz can) garbanzo beans
- 4 tablespoons fresh lemon juice
- 2 tablespoons tahini
- 1 teaspoon salt
- Black pepper to taste
- 2 tablespoons olive oil

Note:

This recipe contains sesame seeds. Tahini is a condiment consisting of toasted ground sesame seeds. Tahini can be found near the nut butter or condiments aisle of most grocery stores.

Directions:

Peel garlic and then chop by blending in blender. Drain liquid out of garbanzo bean can. Pour garbanzo beans, olive oil, lemon juice, tahini, and salt into blender. Blend until smooth and well mixed. Transfer the blended mixture into a medium serving bowl and sprinkle with pepper. Enjoy! Store in covered bowl in refrigerator.

Recipe adapted from a recipe by Sara Quessenberry of Real Simple



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Nutrition Facts

6 servings per container
Serving size 1/4 cup (97g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 9g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	14%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 37mg	2%
Iron 1mg	6%
Potassium 149mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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