

Healthy Hummus

Ingredients:

- 1 can (15 oz) chickpeas
- 2 garlic cloves (crushed)
- 2 Tbsp natural tahini (or peanut or almond butter)
- 2 Tbsp non-fat yogurt
- 2 Tbsp fresh lemon juice
- 1 tsp ground cumin



Instructions:

1. Crush garlic and let sit for 10 minutes..
2. Open the can of chickpeas and pour them into a strainer and rinse for 1 full minute.
3. Blend ingredients together in a food processor and add extra seasonings to taste as you wish (ie. additional cumin or curry powder or pepper).

Can be stored in the fridge for 3 days or in the freezer for 2 weeks.

Nutrition Notes:

Allowing the garlic to sit increases the nutritional benefits that the garlic can have on the body. Rinsing the chickpeas decreases sodium content of finish dip.