

# Hummus

## Ingredients

- 3 cups canned chickpeas, unsalted
- 1/4 tsp pepper
- 1 tbsp garlic
- 1/4 cup lemon juice
- 1-1/3 oz tahini

## Directions

1. Drain chickpeas.
2. Combine all ingredients in a food processor and puree to a smooth consistency.
3. Cover and refrigerate for 30 minutes before serving.

## Notes

**Number of Portions:** 4

**Serving Size:** 1/2 cup

**Nutrition Facts:** 270 calories, 8.71 g fat, 1.31 g saturated fat, 29 mg sodium, 36.49 g carbohydrate, 9.84 g fiber, 6.2 g sugar, 13.06 g protein

