

Classic Hummus

Yield: 16 servings

Gluten-free
Dairy-free

RECIPE CUSTOMIZATION

To make it low-FODMAP, omit garlic and limit hummus portion to 1/4 cup

Ingredients

30 oz chickpeas
1 tsp tahini
1 clove garlic
½ lemon, zested and juiced
1 pinch cayenne
1 tsp smoked paprika
½ tsp cumin
2 tsp olive oil
1 tsp salt, kosher
1 oz water

Directions

1. Place all ingredients in the bowl of a food processor. Run for about 30 seconds. Pause, remove the lid, and scrape down the sides of the bowl with a soft spatula.
2. Return the lid. Run for another 30 seconds until the hummus is smooth and creamy.
3. Serve with cucumber chips and carrots for dipping.



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Nutrition Facts

Serving size 1 (1.8oz)

Amount Per Serving **52g**

Calories 66

% Daily Value

Total Fat 2g **3%**

Saturated Fat 0.2g **1%**

Cholesterol 0mg **0%**

Sodium 292mg **12%**

Total Carbohydrate 10g **3%**

Dietary Fiber 1g **6%**

Sugars 1g

Protein 3g **6%**

Vitamin A **1%**

Vitamin C **2%**

Calcium **3%**

Iron **3%**