

# Hand-Made Hummus

**Yield: 12 servings**

Gluten-free  
Dairy-free

## RECIPE CUSTOMIZATION

To make it low-FODMAP, omit garlic

## Ingredients

1 can chickpeas, rinsed  
1 can white beans, rinsed  
2 cloves garlic, trimmed  
½ lemon, juiced  
1 pinch cayenne  
½ tsp cumin  
1 Tbsp olive oil  
1 tsp salt, kosher  
¼ cup water

## Directions

1. Place chickpeas, white beans, garlic, lemon, cayenne, cumin (½ tsp), olive oil (1 Tbsp), salt (1 tsp), and water (¼ cup) in the bowl of a food processor.
2. Run the food processor until the mixture is smooth.
3. Adjust seasoning to taste.
4. Serve with veggies 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 2g **3%**

**Cholesterol** 0mg **0%**

**Sodium** 292mg **12%**

**Total Carbohydrate** 10g **3%**

**Dietary Fiber** 1g **3%**

**Sugars** 1g

**Protein** 3g **6%**

Vitamin A **1%**

Vitamin C **2%**

Calcium **3%**

Iron **3%**