

# Smokey Hummus

**Yield: 8 servings**

Gluten-free  
Dairy-free

## RECIPE CUSTOMIZATION

To make it low-FODMAP, omit garlic and consume only a small amount

## Ingredients

15 oz chickpeas, canned  
1 tsp tahini  
1 clove garlic  
½ lemon, juiced  
1 pinch cayenne  
1 tsp smoked sweet paprika  
½ tsp cumin, ground  
1 Tbsp olive oil  
½ tsp salt, kosher  
1–2 oz water

## Directions

1. Place all ingredients in the bowl of a food processor, and blend for about 30 seconds.
2. Remove the lid. Scrape down the sides with a soft spatula.
3. Return the lid. Blend for another 30 seconds or until it is smooth and creamy.
4. Add salt to taste if needed.



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### Nutrition Facts

**Serving size 2.3** (Ooz)

Amount Per Serving **65g**

**Calories** **95**

**% Daily Value**

**Total Fat** 3.6g **6%**

Saturated Fat 0.4g **2%**

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

**Sodium** 277mg **12%**

**Total Carbohydrate** 13g **4%**

**Dietary Fiber** 4g **14%**

**Sugars** 2g

**Protein** 4g **8%**

Vitamin A **4%**

Vitamin C **2%**

Calcium **3%**

Iron **4%**