

# 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
<b>Calories</b>	<b>66</b>
	<b>% Daily Value</b>
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0.2g	<b>1%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 292mg	<b>12%</b>
<b>Total Carbohydrate</b> 10g	<b>3%</b>
<b>Dietary Fiber</b> 1g	<b>6%</b>
<b>Sugars</b> 1g	
<b>Protein</b> 3g	<b>6%</b>
Vitamin A	<b>1%</b>
Vitamin C	<b>2%</b>
Calcium	<b>3%</b>
Iron	<b>3%</b>