

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%