

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 (0oz)

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%