After School Hummus
Makes 8 servings

Ingredients:
1 can (15 ounces) reduced sodium garbanzo beans (chickpeas)
2 medium garlic cloves, minced, or 1/4 teaspoon garlic powder
1 1/2 tablespoons lemon juice
1 teaspoon ground cumin
1 tablespoon oil (vegetable or olive)
1/8 teaspoon ground black pepper
1/2 cup plain nonfat yogurt

Directions:
1. Use a blender or food processor. Combine garbanzo beans, garlic, lemon juice, cumin, oil, and pepper. Blend on low speed until the beans are mashed.
2. Stir in yogurt with spoon.
3. Refrigerate for several hours or overnight so the flavors blend.
4. Serve with pita chips, crackers, or fresh vegetables.

Tips:
Mash the beans with a fork, chop garlic finely, and then stir ingredients thoroughly before adding to the blender.
Store the hummus in an airtight container in the refrigerator. Use within 2-3 days.
Add 1/3 cup chopped red pepper.
Hummus packs a lot of protein and fiber. Let your kids dip raw veggies, crackers, or pita chips into this healthy snack.

Source: Cornell University Cooperative Extension – Iowa State Extension.

Nutrition Facts
8 servings per container
Serving size 2 Tablespoons (72g)
Amount per serving
Calories 70
% Daily Value
Total Fat 3g 4%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 150mg 7%
Total Carbohydrate 8g 3%
Dietary Fiber 2g 7%
Total Sugars 1g
Includes 0g Added Sugars 0%
Protein 4g

Vitamin D 0mcg 0%
Calcium 37mg 2%
Iron 1mg 6%
Potassium 101mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

38% calories from fat

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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