

Classic Hummus



Nutrition Facts

Serving size: 1/4 cup

Calories: 155	Dietary Fiber: 4 g
Fat: 10 g	Sodium: 85 mg
Carbohydrate: 14 g	Protein: 5 g
Cholesterol: 0 mg	

You can make your own hummus for a snack at home with a few simple ingredients. Recipe makes 6 servings.

Source: American Diabetes Association.
For more Diabetes-friendly recipes, visit:
<http://www.diabetes.org/mfa-recipes/>

CareMore Cal MediConnect Plan - <http://duals.caremore.com> - Member Services: 1-888-350-3447

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Ingredients

- 1 (15 oz) can chickpeas (or garbanzo beans), drained
- 3 Tbsp sesame tahini
- 2 Tbsp olive oil
- 3-4 garlic cloves, chopped
- Juice of 1 large lemon
- Salt, to taste
- Ground black pepper

Directions

1. In a food processor or blender combine all ingredients until smooth, but thick. Add water if necessary to produce a smooth hummus.
2. Store covered for up to 5 days.