

Hummus Dip

Category: Gigi is cooking

Yield: 4 kids

Preparation time: 5 minutes

Total time: 5 minutes

2 cans garbanzo beans - (chick peas)

1 can drained 1 can not drained.

juice from 1/2 lemon

2 cloves garlic

1 t. cumin

1/2 cup tahini - (sesame paste)

Salt to taste

-Reserve juice from the 1 can of garbanzo beans.

1 t. chili flake - (optional)

Place all of the ingredients in a food processor or blender.

Taste and salt to taste.

Note- Make sure the lemon juice contains no seeds- the seeds will make the hummus taste bitter.

Nutritional facts (daily value): Calories 373kcal; Protein 11g (22%); Total Fat 33g (50%)(Sat. 5g (23%)); Chol. 0mg (0%); Carb. 16g (5%); Fiber 6g (24%); Sugars 0g; Calcium 285mg (29%); Iron 7mg (38%)
