

# Hummus

## Appetizer/Spread



THE OHIO STATE  
UNIVERSITY  
WEXNER MEDICAL CENTER

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Makes Approx: 8 servings (2 Tbsp.)

**Items Needed:** Measuring spoons, food processor, spatula

### Ingredients:

- 1 can (15 oz) chickpeas
- 2 Tbsp Tahini Paste (optional)
- 1 Tbsp of Olive Oil
- 1 Tbsp of Lemon Juice
- 2 cloves of garlic
- Salt and pepper to taste

### Directions:

1. Drain and rinse chickpeas (also called garbanzo beans.) place in food processor with remaining ingredients.
2. Puree until smooth and creamy, add water if needed to soften puree.
3. Dish out with spatula and keep refridgerated for up to 7 days.

### Nutrition Information (per 2 Tbsp):

Calories: 92 Fat: 4.2 g Carbs: 11.3 g Protein: 2.9 g Fiber: 2.4 g Sodium: 139mg (without adding salt.)