

Easy Hummus

Serves 6

- 1 can no-added-salt chickpeas, rinsed and drained
- ¼ cup tahini (substitutions - almond butter or peanut butter)
- ⅓ cup plain Greek yogurt (2% MF or less)
- ¼ cup fresh lemon juice
- 2 cloves garlic, crushed
- ½ tsp or more ground cumin or paprika
- freshly ground pepper and salt to taste
- olive oil

1. Put all ingredients into a blender or food processor, and blend until the mixture is very smooth. Scraping down the sides 2 – 3 times. If the mixture is too thick, add a spoonful of yogurt and mix.
2. Scoop into a dish and drizzle with olive oil and sprinkle with paprika.
3. Enjoy as a dip served with fresh vegetables, or as a spread on a sandwich!

Nutrition Facts	
Serving Size (95g)	
Servings Per Container	
Amount Per Serving	
Calories 120	Calories from Fat 50
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	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 6g	
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Vitamin A 0%	• Vitamin C 10%
Calcium 4%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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