

# Basic Hummus

**IOWA**

Student Wellness

## Ingredients

- 1 15-ounce can chickpeas or garbanzo beans
- 2 cloves fresh garlic, minced
- 1/4 cup sesame tahini
- 1/3 cup lemon juice
- 1/4 teaspoon cayenne

## Directions

1. Drain the chickpeas, saving the juice. Dump the beans into the food processor or blender (beans can also be mashed with a fork).
2. Add the remaining ingredients and blend until smooth. If the mixture is too thick add some of the bean juice; blend until it reaches the desired consistency.



*Makes 10 servings*

*Nutrition information per serving*

*(2 tablespoons):*

*92 calories, 4g fat, 3g protein*