

Kalamata Hummus

Ingredients:

1 can garbanzo beans, drained
2 Tablespoons roasted tahini
2 garlic cloves, peeled
Juice of 1 small lemon or lime
1/3 cup water
10 Kalamata olives (1/4 cup), pitted



Nutrition Facts

15 servings per container
Serving size 2 Tablespoons (42g)

Amount per serving
Calories 45

	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 5g	2%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 4mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



*VEGAN



*GLUTEN-FREE

Instructions:

1. Drain and rinse the garbanzo beans and olives.
2. Place all the ingredients in a food processor or blender and blend until smooth, stopping to scrape down the sides as needed. Adjust the texture (add more water as needed) and taste (adjust the lemon and garlic to your taste)
3. Keep leftovers in a closed container in the refrigerator, and consume within five days.

Recipe by Maggie Carneiro