

Classic Oil-Free Hummus

Source: Dustin Harder from The Power Foods Diet

About the Recipe

68 Calories • 3 g Protein • 3 g Fiber
Side Dish

Ingredients

Makes 6 Servings

- 1 (15.5 ounce) can low-sodium chickpeas or 1 1/2 cups cooked chickpeas, drained and rinsed
- 1/4 cup water
- 2 tablespoons tahini **optional*
- 1 clove garlic
- Juice of 1 lemon
- 1/4 teaspoon ground cumin
- 1/4 teaspoon sea salt
- Smoked paprika, for garnish **optional*

Directions

1. Add the chickpeas, water, tahini (if using), garlic, lemon juice, cumin, and salt to a food processor and process until smooth and creamy.

Nutrition Facts

per Serving:

Calories: 68

Fat: 1 g

Saturated Fat: 0 g

% Calories From Fat: 16%

Cholesterol: 0 mg

Protein: 3 g

Carbohydrate: 11 g

Sugar: 2 g

Fiber: 3 g

Sodium: 101 mg

Phosphorous: 42 mg

Potassium: 71 mg