# 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