



# Homemade Hummus

*It's no secret, homemade hummus is SO much better than store bought - it's much more creamy and smooth. It can also be much less expensive than store bought. This recipe is one of our favourites because it's so versatile. You can add extra flavour like a drizzle of balsamic reduction, paprika and chili, or even caramelized onion.*

Prep: 5 minutes • Total: 10 minutes

## Ingredients:

Chickpeas, rinsed and drained	1 can	1 can
Tahini paste	2 Tbsp	30 mL
Water	¼ cup	60 mL
Lemon juice	1 Tbsp	15 mL
Garlic cloves	2 each	2 each
Salt	1/8 tsp	0.5 mL
Pepper	1/8 tsp	0.5 mL

## Directions:

1. Place all of the ingredients in a blender and blend until smooth.
2. Refrigerate or serve immediately.

## Nutrition Facts

Serving Size (79g)

Servings Per Container

Amount Per Serving

**Calories** 100      **Calories from Fat** 30

% Daily Value\*

**Total Fat** 3.5g      **5%**

Saturated Fat 0g      **0%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 230mg      **10%**

**Total Carbohydrate** 15g      **5%**

Dietary Fiber 3g      **12%**

Sugars 0g

**Protein** 4g

Vitamin A --%      • Vitamin C 6%

Calcium 4%      • Iron 8%

\*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

Makes 6 servings (79 g / serving) • 1 serving = ¼ cup

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