

WHY ACT NOW

SIMPLE HUMMUS



Ingredients

- 1 can (15oz) chickpeas, no added salt
- 2 tbsp water
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 clove garlic
- ¼ tsp paprika

Directions

Place all ingredients in a food processor. Process until smooth and creamy. Add up to 2 more tablespoons of water if needed. Transfer to bowl, cover and refrigerate. *Makes 4 servings.*

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 169	Calories from Fat 77
% Daily Values*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 25mg	1%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 6g	12%

*Percent Daily Values are based on a 2,000 calorie diet.

Chickpeas are a super food - they're packed with protein & fiber!