

# Eat Smart • Move More

## Hummus

**Prep Time:** 15 minutes

**Total Time:** 15 minutes

*NOTE: This recipe contains a major food allergen.*



## Ingredients

16 ounces canned garbanzo beans, drained (save liquid) and rinsed  
1/4 cup liquid saved from beans  
1/4 cup lemon juice  
2 tablespoons olive oil  
1 1/2 tablespoons tahini  
1/2 teaspoon salt  
1/4 teaspoon garlic powder  
1 pound sugar snap peas, stringed



## Directions



1. Mix all ingredients, except for peas, in a blender or food processor for 3-5 minutes until smooth.



2. Pour into a serving bowl and serve immediately with peas or cover and refrigerate.

## Quick Tips

- To string peas, break off the stem and gently pull downward, removing the strings that run along the “seam” on each side.
- Did you know... 2 tablespoons of peanut butter can be used as a substitute for the tahini.
- 1/4 teaspoon of garlic powder is about 1-2 crushed garlic cloves.
- 1 pound of snap peas are approximately equal to 5 cups.

(Recipe adapted from Simple Healthy Recipes, as listed at: <https://whatscooking.fns.usda.gov/>.)

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## Nutrition Facts

10 servings per container  
**Serving size** **1 serving**  
(119.09g)

**Amount per serving**  
**Calories** **110**

**% Daily Value\***

**Total Fat** 5g **6%**

Saturated Fat 0.5g **3%**

*Trans Fat* 0g

**Cholesterol** 0mg **0%**

**Sodium** 240mg **10%**

**Total Carbohydrate** 12g **4%**

Dietary Fiber 4g **14%**

Total Sugars 5g

Includes g of Added Sugars

**Protein** 4g

Vitamin D 0mcg **0%**

Calcium 50mg **4%**

Iron 1mg **6%**

Potassium 202mg **4%**

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

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