

Snack

# Classic Hummus

Side Effect: Trouble Swallowing

**5 Mins**  
Prep Time

**0 Mins**  
Cook Time

**8**  
Servings

 **119** Calories   **8g** Fat   **8g** Carbs   **4g** Protein



## Ingredients

 **8 Servings** • **2 Tbsp** Serving Size    **5 Mins** Total Time    **Allergens: Sesame**

**1 (15 oz) Can** Chickpeas, **rinsed** and drained (remove skins for a rich and creamy texture) 

**2** Cloves Garlic, peeled and mashed

**3 Tbsp** Tahini (sesame paste)

**2 Tbsp** Lemon Juice, **wash lemon before juicing**

**2 Tbsp** Extra Virgin Olive Oil 

**2 Tbsp** Water, more if needed

Salt and Ground Black Pepper, to taste

### Allergen Swap

**Sesame** Replace tahini (sesame seed paste) with cashew butter or sunflower seed butter.

### Nourishment Note



#### **Chickpeas**

Chickpeas are a great source of soluble fiber and help to maintain regular gut health. Chickpeas are also a good source of plant-based protein.



#### **Extra Virgin Olive Oil**

Olive oil is rich in healthy monounsaturated fats. The oleic acid in olive oil may also help to reduce inflammation.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Blend Ingredients

Add chickpeas, garlic, tahini, lemon juice, and salt and pepper to a food processor. Blend on low.

### 3. Add Olive Oil and Serve

While blending, slowly drizzle in the olive oil and water. Continue blending until smooth and creamy. Enjoy with your favorite pita bread or vegetables.

### 4. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [gimmesomeoven.com](https://www.gimmesomeoven.com)

## What You'll Need



Measuring Spoons



Knife



Cutting Board



Measuring Cup



Food Processor

### Fatigue Buster

- Omit removing the skins from the chickpeas. (Removing the skins from the chickpeas isn't necessary to make tasty hummus, it does however make the hummus more smooth and creamy).
- Use bottled lemon juice instead of freshly squeezed.
- Use pre-minced garlic to minimize cooking tools and reduce preparation time.