

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

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.