

Snack

Classic Hummus

10 Mins
Prep Time

0 Mins
Cook Time

8
Servings

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



Ingredients

8 Servings **10 Mins Total Time** **Allergens: None**

1, 15 oz. Can Chickpeas, rinsed and drained

2 Cloves Garlic, minced

3 Tbsp Tahini (sesame paste)

2 Tbsp Lemon Juice

Salt and Ground Black Pepper, to taste

2 Tbsp Extra Virgin Olive Oil

1/8 Cup Water, more if needed

Nourishment Note



Chickpeas

Chickpeas are a good source of plant-based protein. They also contain fiber that can help promote gut and heart health.



Extra Virgin Olive Oil

Olive oil is rich in monounsaturated fats. These types of fats may help to reduce the risk of heart disease. The oleic acid in olive oil may also reduce inflammation common in RA.

Instructions

1. Blend Ingredients

To a food processor or blender, add chickpeas, garlic, tahini, lemon juice and salt and pepper. Blend on low.

2. Add Olive Oil

While blending, slowly drizzle in the olive oil and water. Scraping down the sides as necessary. Continue blending until smooth and creamy. Add more water for a thinner texture.

3. Serve

Serve immediately or refrigerate for up to 3 days.

Recipe adapted from: gimmesomeoven.com

What You'll Need



Can Opener



Colander



Measuring Spoons



Knife



Cutting Board



Measuring Cup



Food Processor or Blender



Rubber Scraper

RA Cooking Tips

- To help reduce hand strain, try using pre-minced garlic and bottled lemon juice.
- If feeling fatigued, try sitting on a stool or chair while preparing this recipe.