

Snack | Side

Creamy Garlic Hummus

Side Effect: Altered Taste

10 Mins Prep Time

0 Mins **Cook Time** Servings

233 Calories

19g Fat 12g Carbs

4g Protein



Ingredients

6 Servings



10 Mins Total Time



Allergens: None

1 Can (15.5oz) Garbanzo Beans (Chickpeas), drained and 🖤 rinsed (rinse can lid before opening)

½ Lemon, juiced, wash lemon before juicing



2 Cloves Garlic, peeled and roughly chopped 💖



1/2 Tsp Salt

1/2 Cup Extra Virgin Olive Oil

Nourishment Note





Mild-tasting protein sources, such as beans (edamame, kidney, and garbanzo), are typically well-tolerated when experiencing taste changes. Beans are also a great source of lean-protein to help your body build new and healthy cells.



1 Lemon

Citrus foods, such as limes, lemon, or oranges, can help add flavor to dishes when foods may taste bland.



Garlic

For some, foods may have a bitter or metallic taste. Garlic can off-set this flavor in dishes and help make food more enjoyable for those experiencing taste changes.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Blend Ingredients

To a food processor or blender, combine all ingredients. Blend on high. Stop and scrape down sides as needed. Continue blending until mixture is smooth and creamy. Add 1 Tbsp of water if mixture is too thick.

3. Serve & Store

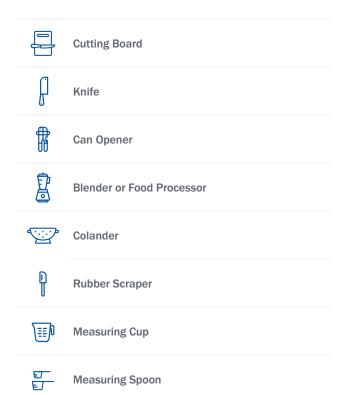
Enjoy with veggies or crackers. Hummus will keep in a covered container in the refrigerator for up to 3 days.

4. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy
Registered Dietitians

What You'll Need



Fatigue Buster

- Lemon Juice: Use bottled lemon juice instead of squeezing your own.
- Ask a friend or family member to help prepare this dish.