

# Sobeys Dietitians

## Hummus

Serves 12

### Ingredients:

1 can	540 ml	Compliments chick peas, drained, rinsed
¼ cup	60 ml	Lemon juice, fresh
¼ cup	60 ml	Tahini
2 cloves		Garlic, chopped
2 tsp	10 ml	Compliments extra virgin olive oil
2 tbsp	30 ml	Parsley, fresh, chopped
		Garnish Paprika

### Directions:

1. Place chick peas, lemon juice, tahini, garlic, oil and parsley in a food processor. Blend to desired consistency.
2. Add a bit of water to smooth consistency if desired.
3. Garnish with paprika.

### Nutrition Information per Serving (2 tbsp):

Calories	84
Fat	4 grams
Carbohydrate	10 grams
Fibre	2 grams
Protein	3 grams
Sodium	78 milligrams

**Source: Sobeys Dietitians**