

# Hummus

**Prep Time**  
5-10 min

Try this quick and delicious recipe!

**Servings**  
10+

## INGREDIENTS

- 1 can (540ml) of chickpeas
- 3/4 tsp pink Himalayan Salt
- 1/3 cup tahini
- 7 tbsp freshly squeezed lemon juice
- 2 tbsp reserved chickpea liquid from can
- 4 drops of your favourite hot sauce *(optional)*



## DIRECTIONS

1. Place all ingredients into food processor or blender.
2. Process until smooth.
3. Garnish with paprika.
4. Keep hummus in a sealed container in the refrigerator. Hummus will stay fresh up to a week.

### Why Hummus?

Hummus is packed with many vitamins and minerals! It is high in anti-inflammatory properties and is a great source of plant-based protein and fibre.

Use it as a spread or dip for your vegetables.

### Nutrition Info

<b>Serving Size</b>	<b>10</b>
<b>Calories</b>	<b>210</b>
<b>Fat</b>	<b>7.1 g</b>
Saturated fat	1 g
<b>Protein</b>	<b>9.9 g</b>
<b>Total Carbohydrates</b>	<b>28.6 g</b>
Fiber	8.4 g
Sugars	5 g
<b>Sodium</b>	<b>65 mg</b>
<b>Cholesterol</b>	<b>0 mg</b>
<b>Iron</b>	<b>3 mg</b>
<b>Potassium</b>	<b>431 mg</b>
<b>Calcium</b>	<b>81 mg</b>