



## Low - Fat Hummus

### Ingredients

- 2 cans chickpeas no salt added, drained and rinsed
- 4 Tbl tahini sesame paste found near the peanut butter
- 2 lemons juiced
- 2 cloves garlic roughly chopped
- 5 shakes Tabasco or to taste
- 1/4 tsp sea salt
- 1/3 cup water or more to thin as desired

### Directions

- Place beans into a food processor.
- Add garlic, Tahini, lemon juice, Tabasco, salt and 1/2 cup water.
- Process for a few minutes to blend. Scrape down the side and check for consistency.
- Add more water to thin as desired.
- Serve with crackers. veggie or apple slices.