



# Creamy White Bean Hummus

**Servings : 5**

**Equipment:**

Knife, cutting board, measuring cups, measuring spoons, spatula or spoon, food processor/blender

**Ingredients:**

- 1 15 oz can of reduced sodium great northern beans, drained
- 2 Tbsp tahini
- Juice from 1/2 a lemon
- 1 clove garlic
- 2 Tbsp extra virgin olive oil
- 1/8 tsp salt
- Dash black pepper
- 4-5 medium sized ice cubes

**Preparation:**

1. Add ingredients except ice cubes to a food processor.
2. Begin to blend, and add ice cubes 1 at a time until the mixture has a creamy and fluffy consistency.
3. Serve along side veggies, on a sandwich, as a dip, or as a hummus bowl. Enjoy.

Storage:

Store refrigerated for up to a week...it likely won't last that long!

Nutrition Facts per serving:

**Calories 157.4**

Total Fat 8.6g (11%)  
Saturated Fat 1.2 g (6%)  
Trans Fat 0g  
Cholesterol 0mg (0%)  
Sodium 217.4mg (9%)  
Total Carbohydrate 14.9g (5%)  
Dietary Fiber 3.9g (14%)  
Total Sugars 0.2g  
Added Sugars 0% (0%)  
Protein 5.7g  
Vitamin D 0mcg (0%)  
Calcium 67mg (5%)  
Iron 1.8mg (10%)  
Potassium 202.6mg (4%)

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