
LEMON GARLIC HUMMUS

Gluten-Free, Dairy-Free, Egg-Free, Vegetarian, Vegan

Yield: 6 servings **Total time:** 5 minutes



D'LISH

Ingredients

- 1-15oz can chickpeas, drained, liquid reserved
- 3 tbsp lemon juice
- 2 tbsp peanut butter
- 3 tbsp olive oil, divided
- 2 garlic cloves
- Optional: Raw veggies, fruit or whole-grain crackers for serving

Directions

1. In the bowl of a food processor, combine the chickpeas and 2 tbsp of the chickpea liquid with the lemon juice, peanut butter, 2 tbsp of oil and the garlic. Process the mixture for 1 minute. Scrape down the sides of the bowl with a rubber spatula. Process for 1 more minute, or until smooth.
2. Put in a serving bowl, drizzle with the remaining 1 tbsp of olive oil and serve with veggies, fruit or crackers if desired.

Per serving: Calories: 165; Total Fat: 11g; Saturated Fat: 2g; Sodium: 348mg; Total Carbohydrates: 14g; Fiber: 4g; Protein: 5g

Grocery List

- Chickpeas
- Lemon
- Peanut butter
- Olive oil
- Garlic
- Raw veggies and fruit
- Whole-grain crackers

Kitchen Equipment

- Can opener
- Colander
- Citrus squeezer
- Measuring spoons
- Food processor
- Rubber spatula
- Serving bowl

Prep tip

- The key to making homemade hummus is to add some chickpea liquid, also known as aquafaba. While typically you would want to drain and rinse canned beans to remove more sodium, for this recipe, save the liquid to make your hummus light, airy and delicious.
- You may substitute peanut butter for tahini. This recipe uses peanut butter because it is commonly found in household pantries and is more budget friendly than tahini (sesame paste), the traditional hummus ingredient. Peanut butter is a great alternative to tahini because it has a subtle nutty flavor that blends perfectly with chickpeas.

Nutrition Information

- Hummus is super nutritious and packed with plant-based protein. Consuming enough protein is essential for optimal growth, recovery and immune function.
- Hummus is a great source of iron, folate, phosphorus and B vitamins, all of which are important for individuals following a plant-based diet, as they may not get enough from their diet alone.
- Hummus contains chickpeas, olive oil and monounsaturated fats from peanut butter which are proven to have anti-inflammatory properties.
- Hummus is a great source of fiber, which can help improve gut health and keep you feeling fuller longer.

Notes