

Hummus

- 1 can 15 oz chickpeas/garbanzo beans
- ¼ cup Tahini
- 2-3 TBLS lemon juice
- ¼ tsp salt
- 1 clove garlic minced
- Pinch smoked paprika
- 1 TBLS extra virgin olive oil (more or less as needed for texture)

Add ingredients to food processor/blender. Process until desired texture has been reached.

- A ¼ cup serving of hummus equals 1oz of meat alternate.(CACFP)
- Hummus is high in fiber that slows digestion and keeps blood sugar levels from rising too quickly.
- Chickpeas contain iron and manganese that keep our energy levels up and our blood healthy. Chick peas are also a wonderful source of protein and a healthy source of carbohydrates.
- Olive oil is a wonderful source of healthy fats. Healthy fats are extremely important because they help us keep our hair, skin, and nails healthy.
- Tahini is also high in protein and is a great source of calcium.
- Garlic-studies have shown that garlic is extremely important for warding off colds, cancer prevention, heart disease prevention, and fighting infection.