

Snack | Side

Creamy Garlic Hummus

Side Effect: Altered Taste

10 Mins
Prep Time

0 Mins
Cook Time

6
Servings

☰ **233** Calories **19g** Fat **12g** Carbs **4g** Protein



Ingredients

👤 **6 Servings** ⌚ **10 Mins Total Time** 🚫 **Allergens: None**

1 Can (15.5oz) Garbanzo Beans (Chickpeas), drained and **rinsed** (rinse can lid before opening) 🧴

½ Lemon, juiced, **wash lemon before juicing** 🧴

2 Cloves Garlic, **peeled** and roughly chopped 🧴

½ Tsp Salt

½ Cup Extra Virgin Olive Oil

Nourishment Note



🧴 Beans

Mild-tasting protein sources, such as beans (edamame, kidney, and garbanzo), are typically well-tolerated when experiencing taste changes. Beans are also a great source of lean-protein to help your body build new and healthy cells.



🧴 Lemon

Citrus foods, such as limes, lemon, or oranges, can help add flavor to dishes when foods may taste bland.



🧴 Garlic

For some, foods may have a bitter or metallic taste. Garlic can off-set this flavor in dishes and help make food more enjoyable for those experiencing taste changes.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Blend Ingredients

To a food processor or blender, combine all ingredients. Blend on high. Stop and scrape down sides as needed. Continue blending until mixture is smooth and creamy. Add 1 Tbsp of water if mixture is too thick.

3. Serve & Store

Enjoy with veggies or crackers. Hummus will keep in a covered container in the refrigerator for up to 3 days.

4. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Cutting Board



Knife



Can Opener



Blender or Food Processor



Colander



Rubber Scraper



Measuring Cup



Measuring Spoon

Fatigue Buster

- Lemon Juice: Use bottled lemon juice instead of squeezing your own.
- Ask a friend or family member to help prepare this dish.