Snack

Classic Hummus

Side Effect: Trouble Swallowing

5 Mins
Prep Time

0 Mins
Cook Time

8
Servings

119 Calories   **8g** Fat   **8g** Carbs   **4g** Protein

Ingredients

👤 **8 Servings** • **2 Tbsp** Serving Size   🕐 **5 Mins** Total Time   🚫 **Allergens: None**

1 (15 oz) Can Chickpeas, rinsed and drained (remove skins for a rich and creamy texture) 🍴

2 Cloves Garlic, peeled and mashed

3 Tbsp Tahini (sesame paste)

2 Tbsp Lemon Juice

2 Tbsp Extra Virgin Olive Oil 🍴

2 Tbsp Water, more if needed

Salt and Ground Black Pepper, to taste

Nourishment Note

🍴 **Chickpeas**
Chickpeas are a great source of soluble fiber and help to maintain regular gut health. Chickpeas are also a good source of plant-based protein.

🍴 **Extra Virgin Olive Oil**
Olive oil is rich in healthy monounsaturated fats. The oleic acid in olive oil may also help to reduce inflammation.

Instructions

1. Wash Hands
Wash hands before beginning recipe.

2. Blend Ingredients
Add chickpeas, garlic, tahini, lemon juice, and salt and pepper to a food processor. Blend on low.

3. Add Olive Oil and Serve
While blending, slowly drizzle in the olive oil and water. Continue blending until smooth and creamy. Enjoy with your favorite pita bread or vegetables.

4. Wash Dishes
Remember to wash dishes in hot, soapy water, sanitize cooking tools and surfaces, and thoroughly wash hands when finished.

Recipe adapted from: gimmesomeoven.com

What You'll Need

- Measuring Spoons
- Knife
- Cutting Board
- Measuring Cup
- Food Processor

Fatigue Buster

- Omit removing the skins from the chickpeas. (Removing the skins from the chickpeas isn't necessary to make tasty hummus, it does however make the hummus more smooth and creamy).

- Use bottled lemon juice instead of freshly squeezed.

- Use pre-minced garlic to minimize cooking tools and reduce preparation time.