Dig into some...

HUMMUS!

Ingredients

- 1 clove garlic
- 3 roasted red peppers from a jar
- 1 large lemon
- 1 (15½-ounce) can garbanzo beans (reserve bean liquid to use if needed)
- 2 Tablespoons low-fat plain yogurt
- 2 Tablespoons olive oil
- 1 teaspoon salt
- ¼ teaspoon ground black pepper
- Pinch of ground cumin

Nutrition Facts

Serving Size 1/4 cup (66g)
Servings Per Container 10

Amount Per Serving

Calories 60	Calories from Fat 30
	% Daily Value*
Total Fat 3.5g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 7g	2%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 2g	

Vitamin A 0% • Vitamin C 4%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions

1. Peel and chop garlic.
2. Drain and mince jarred roasted peppers.
3. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
4. Reserve liquid from the beans to use if needed to moisten the mixture. Rinse the beans.
5. Add garlic, peppers, lemon juice, beans, and remaining ingredients to blender. Blend until creamy and well mixed. Add bean liquid as needed.
6. Serve with carrot sticks, celery, cucumbers, or pita bread or tortilla triangles.

Did you know...

Four tablespoons of human provide more than the

Recommended 1.5 cups of legumes per week

Eating hummus increases your intake of fiber, potassium, and magnesium

Humma may help with insulin regulation, weight management, and glucose levels.

ROASTED CHICKPEAS

- 1 can of chickpeas/garbanzo beans: drained and patted dry

1. Lightly spray the baking pan/air fryer pan with cooking spray.
2. Lightly spray chickpeas once you put them in the pan. Sprinkle with crushed red pepper flakes, garlic pepper, ranch seasoning, taco seasoning, etc. Toss.
3. Bake in oven for 45-50 minutes or 20 minutes in the air fryer. Check as they roast to get desired crunchiness.

gradually add seasonings and taste for desired flavor

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