



Traditional Middle Eastern Hummus

Ingredients

Amount

Organic Garbanzo beans	1 Can (~ 2 Cups)
Organic Tahini	3 TBS
Fresh Squeezed Lemon Juice	1 Cup
Fresh Garlic	2-3 Cloves
Granulated garlic	1 tsp
Onion powder	1 tsp
Sea Salt	¼ tsp
Black pepper	1 tsp
Whole Fennel seeds	1 tsp

Preparation:

- Prior to making Hummus, store the jar of Tahini at room temperature upside down for at least an hour or more. This will ensure the oil and the seeds are well mixed.
- Shake the jar of Tahini well and use a spoon if needed to mix well until it has a cashew butter consistency.
- Empty the can of Garbanzo beans (including water) into a Nutribullet blender
- Add Lemon juice garlic, and the spices to the blender and blend well until a soft creamy consistency is reached.
- Add Tahini to the mix, use a spoon to mix first, then blend well. This may take a while due thick texture of Tahini.
- Store in the fridge for up to 14 days.

Nutrition Facts

Servings 12.0

Amount Per Serving

calories 72

% Daily Value *

Total Fat 3 g 5 %

Saturated Fat 0 g 2 %

Monounsaturated Fat 0g

Polyunsaturated Fat 0 g

Trans Fat 0 g

Cholesterol 0 mg 0 %**Sodium** 78 mg 3 %**Potassium** 34 mg 1 %**Total
Carbohydrate** 9 g 3 %**Dietary Fiber** 3 g 11 %**Sugars** 1 g**Protein** 3 g 6 %

Vitamin A 0 %

Vitamin C 16 %

Calcium 2 %

Iron 3 %