



KHSC Mild Hummus

6 servings

5 minutes

Ingredients

1 can Chickpeas, Low Sodium (15-16 ounce can)
1/4 cup Aquafaba (reserved Liquid From Beans)
2 tbsps Extra Virgin Olive Oil
1 tbsp Lemon Juice (freshly squeezed)
1/2 tsp Garlic (minced)
3/4 tsp Ground Cumin
1/4 tsp Table Salt

Nutrition

Amount per serving	
Calories	108
Fat	6g
Saturated	1g
Carbs	11g
Fiber	3g
Sugar	2g
Protein	4g
Cholesterol	0mg
Sodium	107mg
Potassium	117mg
Calcium	30mg
Iron	1mg

Directions

- 1 Place all ingredients in a high-powered blender or food processor. Blend until smooth, stopping to scrape down sides of blender as needed.
- 2 If hummus is too thick, add 1 Tbsp of water at a time until reaches desired consistency.
- 3 Taste and adjust. If the chickpea flavor is too strong, add more lemon juice, garlic, cumin, or salt to suit your preferences.
- 4 Transfer to a serving bowl and serve immediately.

Notes

To Store: Cover tightly and store in the refrigerator for up to 3 days.

Hot & Smoky: Blend with chipotle peppers or chipotle seasoning spice.

Sweet & Spicy: Blend with ground curry, turmeric, ginger, a dash of cayenne pepper, and maple syrup (or honey or your preferred alternative sweetener).

Roasted Garlic: Roast a garlic bulb in oven, then squeeze cooked garlic out of bulb and add to blender.

Artichoke: Add drained and rinsed canned artichoke hearts to blender.

Nutrition Information: One serving is 1/6 of recipe. Nutrition information is an estimate and will vary based on the brands you choose.

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