



A Nutrition Resource

AFTER SCHOOL HUMMUS

Yield: 8 Servings | Serving Size: 2 Tablespoons

Cost/Serving: \$0.21

Ingredients:

- 1 3/4 cups cooked garbanzo beans or 1 (15-ounce) can garbanzo beans (chickpeas), rinsed and drained
- 2 medium garlic cloves, minced, or 1/4 teaspoon garlic powder
- 1 1/2 Tablespoons lemon juice
- 1 teaspoon ground cumin
- 1 Tablespoon olive oil or vegetable oil
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1/2 cup plain nonfat yogurt

Directions:

- 1) Use a blender or food processor. Combine garbanzo beans, garlic, lemon juice, cumin, oil, salt, and pepper. Blend on low speed until the beans are mashed.
- 2) Stir in yogurt with spoon.
- 3) Refrigerate for several hours or overnight so the flavors blend.
- 4) Serve with whole wheat pita chips, whole grain or whole wheat crackers, or fresh veggies.

This material is provided by Iowa State University Extension and Outreach. For more tips like this, visit the Spend Smart. Eat Smart. website. <http://tinyuri.com/c59523>.

Nutrition Facts

8 servings per container
Serving size 2 Tablespoons (56g)

Amount per serving

Calories 80

% Daily Value*

Total Fat 2.5g 3%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrate 11g 4%

Dietary Fiber 3g 11%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 4g

Vitamin D 0mcg 0%

Calcium 49mg 4%

Iron 1mg 6%

Potassium 111mg 2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Buy Eat Live Better Nutrition Education Program | www.montana.edu/extension/buyeatlivebetter



Find us on Pinterest
pinterest.com/buyeatlive



Find us on Facebook
facebook.com/buyeatlivebetter

This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.



MONTANA
STATE UNIVERSITY

EXTENSION