

# HEALTHY RECIPE!

## Hummus

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Servings: approx. 20 (Serving Size: 2 Tbsp)

Calories (per serving): 111

Total Fat (per serving): 4.8 g

Total Carbohydrates (per serving): 13 g

### Ingredients:

- 1 (15 oz) can chickpeas (garbanzo beans) or 2 cups cooked chickpeas beans, drained
- 1/3 cup creamy peanut butter
- 1/4 cup lemon juice
- 1 tsp salt
- 2 garlic cloves, halved
- 2 Tbsp olive oil
- 1 pinch paprika

### Directions:

- Place the chickpeas, peanut butter, lemon juice and salt and garlic in a blender or food processor. Blend until smooth. Transfer to serving bowl.
- Drizzle olive oil over the mixture and sprinkle with paprika and parsley.