

Best Hummus Dip



Ingredients

540 mL	1 can chickpeas (rinsed and drained)	19 oz
30 mL	tahini	2 tbsp
45 mL	lemon juice	3 tbsp
2 mL	salt	1/2 tsp
2	large cloves garlic	2
1	green onion	1
50 mL	boiling water	1/4 cup

Yield:
2 (500 mL) cups

Directions

In a blender or food processor, combine chickpeas, tahini, lemon juice, salt, garlic, white part of green onion and boiling water. Blend until smooth. Stir in part of chopped green onion; garnish with parsley.

Suggestions

Make Ahead: This dip keeps in the refrigerator for up to 5 days.

Spread some dip inside a whole wheat pita; fill with raw or roasted red pepper, grated carrots and shredded lettuce.

Nutrition information:

Per 50 mL (1/4 cup)
serving:

Calories	119 kcal
Protein	3 g
Fat	4 g
Carbohydrate	20 g
Fibre	3 g

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905-668-2020 or 1-800-841-2729
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