

Spooky Black Bean Hummus

Yield: 4 min
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/halloween-black-bean-hummus-recipe>

Ingredients:

- 2 cloves garlic
- 30 ounces black beans drained and rinsed
- 2 tablespoons Tahini
- 4 tablespoons lime juice
- 1 teaspoon cumin
- 1/4 teaspoon chipotle pepper to taste
- 3 tablespoons soy yogurt unsweetened, optional
- 1/2 teaspoon salt or to taste
- plain soy yogurt For Design: additional, or tahini

Nutrition:

1. Calories: 250 calories
2. Carbohydrate: 40 grams
3. Fat: 4 grams
4. Fiber: 16 grams
5. Protein: 14 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 1120 milligrams

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