

Hummus-Hummus with Tahini

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/southern-living-hummus-recipe>

Ingredients:

- 1 cup white sesame seeds
- 1/4 cup extra-virgin olive oil
- 1/2 cup chick peas
- 2 tablespoons tahini paste
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 2 cloves
- salt to taste
- extra-virgin olive oil as needed
- paprika powder
- 1 tablespoon fresh cilantro

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 16 grams
3. Fat: 42 grams
4. Fiber: 6 grams
5. Protein: 8 grams
6. SaturatedFat: 6 grams
7. Sodium: 250 milligrams

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