

Ultimate Hummus Dip

Yield: 6 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/hummus-recipe-with-greek-yogurt-and-tahini>

Ingredients:

- 3 cups chickpeas peeled, cooked or canned, if canned, rinse well
- 2 tablespoons tahini
- 1 tablespoon warm water
- 2 tablespoons greek yogurt omit if vegan
- 1 clove garlic
- 1 lemon small
- 1/2 teaspoon salt
- 1/4 teaspoon cumin
- 2 tablespoons extra virgin olive oil

Nutrition:

1. Calories: 170 calories
2. Carbohydrate: 23 grams
3. Fat: 8 grams
4. Fiber: 5 grams
5. Protein: 5 grams
6. SaturatedFat: 1 grams
7. Sodium: 450 milligrams

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