

Three-Color Hummus

Yield: 12 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-three-color-cookies-recipe>

Ingredients:

- 4 1/2 cups garbanzo beans cooked, rinsed & drained if using canned
- 2/3 cup tahini sesame paste
- 1/3 cup extra virgin olive oil
- 1/3 cup fresh lemon juice
- 3 large garlic cloves coarsely chopped
- 2 teaspoons salt
- ground black pepper Freshly
- 1/4 cup oil packed sundried tomatoes, drained and chopped
- 1 1/4 cups baby spinach leaves packed
- 1/2 cup fresh flat leaf parsley packed
- vegetables
- pita chips
- pita bread

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 53 grams
3. Fat: 22 grams
4. Fiber: 15 grams
5. Protein: 17 grams
6. SaturatedFat: 3 grams
7. Sodium: 450 milligrams
8. Sugar: 8 grams

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