

# Mung Bean Hummus

Yield: 2 min  
Total Time: 8 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-mung-bean-recipe>

## Ingredients:

- 1 1/2 cups mung beans cooked
- 2 tablespoons lemon juice
- 1/2 cup tahini paste
- 1 clove garlic peeled & smashed
- 1/2 teaspoon fine grain sea salt
- 1/3 cup water
- shallot
- minced chives
- zaatar
- pita

## Nutrition:

1. Calories: 440 calories
2. Carbohydrate: 35 grams
3. Fat: 30 grams
4. Fiber: 9 grams
5. Protein: 15 grams
6. SaturatedFat: 4 grams
7. Sodium: 990 milligrams
8. Sugar: 2 grams

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