

Hummus

Prep time: 5-10 minutes. Makes 10 servings.

Ingredients:

- 1 can (540ml) of chickpeas
- 3/4 tsp pink Himalayan salt
- 1/3 cup tahini
- 7 tbsp freshly squeezed lemon juice
- 2 tbsp reserved chickpea liquid from can
- 4 drops of your favourite hot sauce (optional)

Directions:

1. Place all ingredients into food processor or blender. Process until smooth.
2. Garnish with paprika. Keep hummus in a sealed container in the refrigerator. Hummus will stay fresh up to a week.



Nutrition Information:

Calories: 210; Fat: 7.1g (Saturated fat: 1g); Protein: 9.9g; Carbohydrates: 28.6; Fibre: 8.4g; Sugars: 5g; Sodium: 65mg; Cholesterol: 0mg



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