

Garlic and Lemon Hummus (6 servings)

Ingredients:

- 1 Can chickpeas, drained and rinsed (19 oz)
- 1 Lemon, juiced
- 1 Tbsp peanut butter
- 1 Tbsp olive oil
- ½ Tsp of cumin
- 2 Cloves of garlic, minced
- ½ Tsp salt
- ½ Tsp pepper
- 1-2 Tbsp greek plain 0% M.F yogurt



Directions:

1. I usually boil my canned chickpeas for a good 10 min. You don't have to but I think it makes a smoother hummus. Drain and rinse chickpeas in cold water to cool down.
2. Add all ingredients to a food processor and puree.
3. Do a taste test and add extras of the flavours you desire (lemon juice, cumin, garlic), or just leave as is and enjoy with some cut up veggies!

Recipe was adapted from

[Pick Up Limes: Classic Garlic & Lemon Hummus](#)

Carbohydrate count per ¼ cup: 13 g of carbohydrate, 4 g fiber so 9 g of available carbohydrate per ¼ cup