



! GREECE

Easy Hummus

Serving Size: 1/2 Cup Hummus; Calories 121; Total Fat 4.7g; Sodium 500mg; Carbohydrates 16.5g; Protein 3.6g

Ingredients:

- 1 (15 oz) can garbanzo beans, drained, liquid reserved
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- 1 clove garlic, crushed
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt

Equipment Needed:

- Blender or food processor

Prep Time	Total Time	Servings
5	5	4



Instructions:



1. Add garbanzo beans, lemon juice, olive oil, garlic, cumin, and salt to a blender or food processor.



2. Begin blending ingredients together.

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Instructions Continued:



3. Stream reserved bean liquid into the mixture as it blends until desired consistency is achieved.



4. Serve hummus with crackers, pita bread, or sliced veggies.

***Note:** You may end up using about half of the bean liquid, so be sure to reserve it! For more enhanced flavor, let hummus sit overnight in the refrigerator before serving.



Grab the family, take a photo of your dish, and share your culinary masterpiece on social media with **#FoodFun4H #Indiana4H**



Extension - Lawrence County

