



A Nutrition Resource

# HUMMUS WITH RAW VEGGIES

**Yield:** 8 Servings | **Serving Size:** (1 cup veggies and 1/4 cup hummus per serving)

**Preparation Time:** 10 minutes

**Cost/serving:** \$0.53

## Ingredients:

- 6 cups of washed, cut, fresh veggies such as carrots, broccoli, celery, cucumber, or green pepper
- 1 (15 ounce) can garbanzo beans (chickpeas), drained and liquid saved
- 1 medium clove garlic, crushed with a garlic press or back of a knife
- 1 teaspoon lemon juice
- 1/4 teaspoon salt
- 1 tablespoon vegetable oil
- 2 tablespoons creamy peanut butter (optional)
- 1/4 teaspoon cumin (optional)

## Directions:

- 1) Before starting to prepare the recipe
  - wash the veggies, and slice them into pieces that are easy to dip
  - drain chickpeas, but save liquid in small bowl
  - collect, chop, and measure all ingredients
- 2) For the smoothest consistency, add garbanzo beans, garlic, lemon juice, salt, vegetable oil, peanut butter (if using), and cumin (if using) to a blender. Leave the garbanzo bean liquid aside.
- 3) Blend on low speed, gradually adding the garbanzo bean liquid 1 tablespoon at a time until smooth and creamy
- 4) Serve with vegetables arranged on a plate around a bowl of the hummus.
- 5) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

*This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active Program*

Nutrition Facts	
8 servings per container	
Serving size	1/4 Cup (60g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 180mg	4%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Hummus only



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