

# Hummus 101

Adapted from: [Shape Magazine](#)

**Each Makes 5 Servings**

## Ingredients

### **Basic:**

1 can or 1 ½ cups cooked chickpeas, rinsed and drained  
2 Tbsp lemon juice  
1 Tbsp extra virgin olive oil  
1-2 cloves garlic  
½ tsp cumin  
½ tsp salt, or to taste  
water



**Nutrition Information per Serving:** Calories: 100, Total Fat: 4gm, Saturated Fat: 0.5gm, Cholesterol: 0mg, Sodium: 340mg, Carbs: 10gm, Fiber: 0gm, Protein: 4gm

### **Ranch:**

1 can or 1 ½ cups cooked chickpeas, rinsed and drained  
½ cup plain Greek yogurt  
1 tsp dried parsley  
½ tsp garlic powder  
1 tsp dried dill  
½ tsp salt, or to taste  
water



**Nutrition Information per Serving:** Calories: 80, Total Fat: 1.5gm, Saturated Fat: 0gm, Cholesterol: 0mg, Sodium: 350mg, Carbs: 13gm, Fiber: 0gm, Protein: 5gm

### **Buffalo:**

1 can or 1 ½ cups cooked chickpeas, rinsed and drained  
2 Tbsp lemon juice  
1 Tbsp extra virgin olive oil  
1-2 cloves garlic  
¼ cup buffalo or hot sauce  
½ tsp salt, or to taste  
water



**Nutrition Information per Serving:** Calories: 100, Total Fat: 4gm, Saturated Fat: 0.5gm, Cholesterol: 0mg, Sodium: 640mg, Carbs: 13gm, Fiber: 0gm, Protein: 4gm

## Directions

1. Combine all ingredients in a food processor or blender until smooth.
2. Slowly add water to thin until desired consistency is reached, about ¼ - ½ cup.

**Notes:** For a smoother, store-bought texture, try removing the outer layer of skin from the chickpeas before blending. You can use canned or cooked, dried chickpeas. 1 ½ cups cooked chickpeas is equivalent to one can.