

# Cilantro Hummus

9 ingredients · 10 minutes · 6 servings



## Directions

1. Place all ingredients (except water) in the food processor and blend.
2. Add 1 tbsp of water at a time and blend until desired consistency is reached. Enjoy!

## Notes

### Chickpeas

Cook chickpeas from scratch, or use canned chickpeas with no sodium added. Drain and rinse canned chickpeas before use.

## Ingredients

- 1 cup Chickpeas
- 1 tbsp Extra Virgin Olive Oil
- 1 tbsp Tahini
- 1 tbsp Lemon Juice
- 2 cloves Garlic (small cloves)
- 1/4 cup Cilantro
- 1/8 tsp Cumin
- 1/4 tsp Sea Salt
- 1 tbsp Water (or more)

## Nutrition

Amount per serving

<b>Calories</b>	82	<b>Sugar</b>	1g
<b>Fat</b>	4g	<b>Protein</b>	3g
<b>Carbs</b>	9g	<b>Sodium</b>	104mg
<b>Fiber</b>	2g		