



## After School Hummus

Servings 8 | Prep time 15 mins. | Total time 15 mins.

**Equipment:** Can opener, Colander, Blender or food processor

### Ingredients

1 15 ounce can reduced sodium garbanzo beans  
 2 medium garlic cloves, minced  
 1 1/2 tablespoons lemon juice  
 1 teaspoon ground cumin  
 2 tablespoons oil, vegetable or canola  
 1/8 teaspoon ground black pepper  
 1/2 cup plain nonfat yogurt OR 2 tablespoons water

### Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Use a colander to drain garbanzo beans. Discard liquid.
3. In the bowl of a blender or food processor, combine garbanzo beans, garlic, lemon juice, cumin, oil, and pepper. Blend on low speed until beans are mashed and consistency is smooth.
4. Blend in 1/2 cup yogurt OR 2 tablespoons water.
5. For best results, refrigerate for several hours or overnight so the flavors blend.
6. Serve with fresh vegetables, pita chips, or crackers.



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