

Dips and Snacks Recipe

Hand
Blender/Food
Processor

Hummus



Ingredient	Approx. Cost*
3 15 oz cans garbanzo beans, rinsed and drained of liquid (conserve liquid)	\$2.97
9 tablespoons tahini (about ½ of a 15 oz can)	\$3.40
Seasoning (olive oil, lemon juice, cumin)	\$0.75**
Liquid (conserved from can) to desired consistency	
Total	\$7.12

of servings: 8 **Cost per serving: \$0.89**

*Based on Peapod's on-line pricing as of 2/09.

**Condiments and spices are calculated as a 25 cent estimate each time they are used.

Directions: Place ingredients in a deep bowl and process with hand blender until desired consistency. Serve.

Nutritional Information per 1 cup Serving:

Calories	320
Total Fat	14g
Saturated Fat	2g
% of daily total	10%
Carbohydrates	40g
Protein	11g
Fiber	9g

	% of daily total
Vit A	0%
Vit C:	8%
Calcium:	12%
Iron	21%
Good source of*	B vitamins, Calcium, Iron, Magnesium, Zinc
*(10% or more of the RDA)	

based on 2000 calorie diet

