

Healthy Hummus!



Ingredients:

- 1 (19 ounce) can garbanzo beans or chickpeas, drained
- 3 tablespoons peanut butter or tahini (sesame-seed paste)
- 1/8 cup olive oil
- 3 cloves garlic – minced
- 1/2 tsp cumin
- 3 tablespoons lemon juice
- 2 tablespoons water, or as needed

Instructions

1. Place the garbanzo beans, peanut butter (or tahini), garlic, cumin, lemon juice and just enough water to cover the beans into a food processor.
2. Process all ingredients until smooth then spoon into a serving dish.
3. Serve with a variety of fresh vegetables and whole-wheat pita triangles.

In motion Nutrition Tip:

At parties, park yourself near the healthy alternatives. Fresh veggies with a little bit of dip are tasty ways to feel full without a lot of added calories and/or fat.