



Hummus

Makes: 50+ child servings [500 mL (2 cups)]

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
2 cups	chickpeas, cooked OR canned, rinsed and drained	500 mL
¼ cup	lemon juice	60 mL
¼ cup	olive oil	60 mL
3 tbsp	tahini	45 mL
2 cloves	garlic, minced	2 cloves
1 tsp	cumin, ground	5 mL
2 tbsp	parsley	30 mL
¼ tsp	salt	1 mL

Instructions

1. Place all ingredients in a food processor.
2. Purée until smooth.
3. Add water or chickpea cooking liquid to thin if necessary. Hummus should be smooth and creamy.

Nutrition Information

Serving 15 mL 1 tbsp
(15 g)

Calories 40
Fat 3 g
Saturated 0 g
+ Trans 0 g
Sodium 40 mg
Carbohydrates 3 g
Fibre 0 g
Sugars 0 g
Protein 1 g
Calcium 10 mg
Iron 0.4 mg

Food Guide Servings

15 mL (1 tbsp) does not contribute towards Food Guide Servings
30 mL (2 tbsp)
¼ Meat & Alternative