

# Basic Hummus

- 1 clove garlic
- 1 (15 ounce) can garbanzo beans, drained, liquid reserved
- 2 tablespoons tahini
- 1 tablespoon lemon juice
- 1 tablespoon olive oil
- ½ teaspoon ground cumin
- ½ teaspoon salt

## Nutrition Facts

Servings: 20

Amount per serving

**Calories** **17**

% Daily Value\*

**Total Fat** 1.5g **2%**

Saturated Fat 0.2g **1%**

**Cholesterol** 0mg **0%**

**Sodium** 60mg **3%**

**Total Carbohydrate** 0.7g **0%**

Dietary Fiber 0.2g **1%**

Total Sugars 0g

**Protein** 0.4g

Vitamin D 0mcg **0%**

Calcium 8mg **1%**

Iron 0mg **1%**

Potassium 11mg **0%**

*\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.*

Chop garlic in a blender. Pour garbanzo beans into the blender, reserving about 1 tablespoon for garnish. Add reserved liquid, lemon juice, tahini, and salt to the blender. Blend until creamy and well mixed.