



Hummus

4-6 servings
Net Wt:

Ingredients	Preparation
1 can garbanzo beans	Put drained beans into blender and save liquid
6 tablespoons lemon juice	Pour lemon juice into blender
6 tablespoons flaxseed or olive oil	Pour flaxseed or olive oil into blender
1/2 cup tahini	Put tahini into blender
4 medium garlic cloves	Mince garlic and put into blender
1/2 teaspoon ground coriander	Sprinkle coriander into blender
1/2 teaspoon cumin	Sprinkle cumin into blender
1/2 teaspoon paprika	Sprinkle paprika into blender
Dash of cayenne	Put a dash of cayenne in blender
1/2 cup minced scallions or onions	Put minced scallions or onions into blender
	Blend all ingredients in blender until desired consistency. Scoop onto plate

Food 4 Thought
Santa Ana 92705




Hummus Health Tips



Garbanzo Beans: Good source of protein & Omega-3; fights hard artery plaque build up & Lowers Triglycerides, Fiber: Lowers bad cholesterol, * ☺ for arthritis

Olive Oil: Monounsaturated Oil, won't clog arteries

Lemon: * Antioxidants, lowers bad cholesterol

Cumin: * Helps control blood pressure

Paprika: * ☺ for blood pressure

Cayenne: * Helps control blood pressure

Garlic: * Improves circulation and lowers cholesterol

* Studies have shown these items may improve chronic disease

For more information contact
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