

# Easy Hummus

<b>Nutrition Facts:</b>	
Yield	4
Calories	75
Fat	0 g
Sodium	60 mg

<b>Code</b>
\$, Q, V, DF, GF



## **Ingredients Needed:**

- 1 (15 oz.) can garbanzo beans, drained, liquid reserved
- 2 oz. fresh jalapeno peppers, sliced
- ½ tsp. ground cumin
- 2 Tbsp. lemon juice
- 3 cloves garlic, minced

## **Recipe Directions:**

- In a blender or food processor, combine garbanzo beans, jalapeno, cumin, lemon juice, garlic, and 1 Tbsp. of the reserved bean liquid.
- Blend until smooth.