

Homemade Hummus

Recipe from RAMC Dietitians

For Stage 2 (Soft)

Ingredients:

- 1 can chickpeas (200g)(drained)
- 3 tablespoons lemon juice
- 3 teaspoons minced garlic
- ½ teaspoon salt
- ½ teaspoon cumin
- 2 tablespoons extra virgin olive oil

Instructions:

1. Blend chickpeas, lemon juice, garlic, salt, cumin, and olive oil.
2. Pour residual chickpea juice into mixture as it blends until desired consistency.

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 75	
% Daily Value *	
Total Fat 5 g	8 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 3 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 205 mg	9 %
Potassium 13 mg	0 %
Total Carbohydrate 6 g	2 %
Dietary Fiber 1 g	5 %
Sugars 0 g	
Protein 2 g	3 %
Vitamin A	3 %
Vitamin C	3 %
Calcium	1 %
Iron	4 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	



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