

Easy Hummus

Servings: 8

Recipe courtesy of the American Heart Association.

Ingredients

- 30 oz. can of low sodium or no salt added garbanzo beans
- 1/2 cup lemon juice
- 1 tablespoon extra-virgin olive oil
- 2 teaspoon minced garlic from jar
- 1/2 teaspoon dried parsley
- 1/4 teaspoon paprika

Nutrition Facts Per Serving (1/2 cup)

- Calories: 126
- Total fat: 2.5 g
- Saturated fat: 0 g
- Sodium: 25 mg
- Carbohydrates: 20 g
- Fiber: 4 g
- Protein: 6 g

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Directions

1. Drain and rinse garbanzo beans.
2. Place all ingredients in a blender or food processor and blend until smooth.
3. Serve with sliced cucumbers, carrots or peppers.



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