

Healthy Options Recipe

Hummus

Ingredients:

- 2 cloves garlic, peeled and crushed
- 2 tablespoons olive oil
- 1 (15 ounce) can garbanzo beans, drained, liquid reserved
- 1 tablespoon sesame seeds
- Salt and pepper to taste

Directions:

Place garbanzo beans in a blender or food processor with approximately 1 teaspoon reserved liquid. Process until smooth. Mix in the garlic, olive oil, sesame seeds, salt and pepper. Blend to desired consistency, increasing the amount of reserved garbanzo bean liquid as desired. Chill in refrigerator until served; serve with whole wheat pita chips, whole wheat tortillas, or fresh veggies.

This recipe is provided by SHS Wellness Programs.

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