## Hummus (no tahini)

HACCP Process #1 No Cook Preparation



## 1 Serving Provides:

CACFP: 0.5 ounces Meat/Meat Alternate NSLP: 0.5 ounces Meat/Meat Alternate SFSP: 0.5 ounces Meat/Meat Alternate



## Directions

1/4 cup

1. Place all ingredients in a blender. Blend to desired consistency (more time for a smooth dip, less for a chunky dip)

ne

8 servings, about 2 cups

16 servings, about 1 quart

2. If hummus seems too thick, add 2 teaspoons of water.

CCP: Hold for cold service at 41°F or below. Serve ¼ cup portions.

Serving	Yield	Volum

8 servings, about 1 pound

16 servings, about 2 pounds

Nutrients Per Serving								
Calories	55	Sodium	292 mg	Vitamin A	14 IU			
Total Fat	1.9 g	Carbohydrate	7 g	Vitamin C	3 mg			
Saturated Fat	0.5 g	Dietary Fiber	2 g	Iron	0 mg			
Cholesterol	0 mg	Protein	2 g	Calcium	35 mg			

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2016 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

	8 Se	8 Servings		16 Servings	
Ingredients	Weight	Measure	Weight	Measure	
Garbanzo beans	10 ounces	1¾ cups	1 pound 4 ounces	3½ cups	
Lemon juice		2 Tablespoons		1⁄4 cup	
Vegetable oil		2 teaspoons		1 Tablespoon + 1 teaspoon	
Plain nonfat yogurt	4 ounces	½ cup	8 ounces	1 cup	
Ground cumin		½ teaspoon		1 teaspoon	
Garlic powder		1⁄4 teaspoon		½ teaspoon	
Black pepper		1⁄4 teaspoon		½ teaspoon	
Salt		1⁄4 teaspoon		½ teaspoon	