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)

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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			

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	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	