

# 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

Ingredients	8 Servings		16 Servings	
	Weight	Measure	Weight	Measure
Garbanzo beans	10 ounces	1¾ cups	1 pound 4 ounces	3½ cups
Lemon juice		2 Tablespoons		¼ 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		¼ teaspoon		½ teaspoon
Black pepper		¼ teaspoon		½ teaspoon
Salt		¼ teaspoon		½ teaspoon



## Directions

1. Place all ingredients in a blender. Blend to desired consistency (more time for a smooth dip, less for a chunky dip)
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	Volume
¼ cup	8 servings, about 1 pound 16 servings, about 2 pounds	8 servings, about 2 cups 16 servings, about 1 quart

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