



Easy Hummus Dip

12 servings

10 minutes

Ingredients

- 1 1/2 cups Chickpeas (regular sized can, not the jumbo)
- 3 tbsps Tahini (Sesame butter)
- 1/2 cup Extra Virgin Olive Oil
- 3 tbsps Lemon Juice
- 2 Garlic (Cloves)
- 1 1/2 tsps Cumin
- 1/2 tsp Paprika
- 1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	153
Fat	12g
Saturated	0g
Carbs	12g
Fiber	2g
Sugar	1g
Protein	3g
Cholesterol	0mg
Sodium	105mg

Directions

- 1 Blend all ingredients together, adding a little more oil or tahini for desired consistency.
- 2 Eat with chopped fresh veggies or a few gluten-free crackers for an easy daytime snack.

Notes

What is Tahini?: Peanut butter is made from peanuts. Almond butter is made from almonds. Tahini is made from ground up sesame seeds - I know, it should be called sesame seed butter, right?! (sometimes it is 😊) Sesame seeds are an excellent source of many minerals; including copper, known for its use in reducing pain and swelling associated with rheumatoid arthritis. Magnesium is our stress- busting mineral, known for calming the nervous system. And lastly, calcium and zinc supports bone and tissue health. This make sesame seeds - and its butter - quite a powerful source of minerals that help you build your best body from the inside out.

Ever heard of Manganese?: It's a mineral that plays a big role in fat and carbohydrate metabolism - that means it helps your body turn your carbs and fats into usable energy for you. Pretty big deal for not only an athlete/fitness enthusiast, but also for anyone struggling with weight management. The good news: one cup of chickpeas has a whopping 74% of your daily needs for manganese. Other foods rich in manganese: whole grains, clams, oysters, mussels, nuts, soybeans and other legumes, rice, leafy vegetables, coffee, tea, and many spices, like black pepper.

Not just for dipping veggies!: Hummus makes a rich and flavorful topping for your grilled chicken too. Try it as a sauce in a chicken wrap!