

## **Kitchen Therapy After School Snack Class**

### **Lightly Lemon Hummus**

Yield: 2 cups

1- 15 oz can chickpeas, drained, juice reserved  
1/3 cup tahini  
1/4 cup bean juice  
1/4 cup fresh lemon juice  
3 tablespoons olive oil, divided use  
1 teaspoon ground cumin  
1/2 teaspoon dried garlic  
3 tablespoons chopped chives, or sliced green onion  
pinch of red pepper flakes

Put chickpeas, tahini, bean juice, lemon juice, 2 tablespoons olive oil, cumin, and garlic in a food processor or blend. Process until smooth. Stir in chives.

Place in individual ramekins. This way everyone gets their own serving and double dipping is allowed! Garnish with red pepper flakes and a drizzle of the remaining oil.

Serve with veggie dippers. Sweet bell peppers, quartered roma tomatoes, sliced cucumbers, radishes, and apples are all yummy.

#### **Notes**

Garbanzo beans and chickpeas are the same thing.

You can substitute 1 1/2 cups of cooked chickpeas for canned chickpeas.

Click the links below for nutrition information.

Chickpeas

<http://whfoods.org/genpage.php?tname=foodspice&dbid=58#descr>

Sesame seeds, tahini is simply ground sesame seeds.

<http://whfoods.org/genpage.php?tname=foodspice&dbid=84#descr>

Lemons

<http://whfoods.org/genpage.php?tname=foodspice&dbid=27#descr>

Olive oil

<http://whfoods.org/genpage.php?tname=foodspice&dbid=132#descr>

Cumin

<http://whfoods.org/genpage.php?tname=foodspice&dbid=91#descr>

Garlic

<http://whfoods.org/genpage.php?tname=foodspice&dbid=60#healthbenefits>

Chili peppers

<http://whfoods.org/genpage.php?tname=foodspice&dbid=29#foodspicename>

**Kitchen Therapy**

[www.kitchentherapy.us](http://www.kitchentherapy.us)

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