

Basil Hummus

Ingredients:

2 cups	Garbanzo beans
1/6 cup	Lemon juice, fresh
1 1/2 Tablespoons	Garlic
1/6 cup	Tahini
1/4 teaspoon	Salt
1/4 teaspoon	Black pepper
1/2 cup	Basil, fresh



Method:

- Place all ingredients in food processor and process until smooth.
- Serve and enjoy.

Nutritional Information:

Servings: 20 | Calories: 20 | Fat: 1 gram | Protein: 2 grams
Sodium: 30 milligrams | Carbohydrates: 5.5 grams