

Hummus



Portion Control

Portion size	2 Tbsp.
Makes	25 portions
Makes	3 cups

Nutrition Facts

Calorie density	4 kcal/g (high)
Portion Size	2 Tbsp.
Amounts per portion:	
Calories	87 kcal
Protein	2.9 g
Total Fat	7.5 g
Saturated fat	0.8 g
Total carbohydrates	2.1 g
Dietary Fibre	1.1 g
Sodium	96.5 mg
Calcium	30.8 mg

<https://fdc.nal.usda.gov/food-search>

Ingredients

- 1 cup dried chickpeas
- 3 Tbsp tahini
- 3 Tbsp olive oil
- 1 lemon juiced
- 1 garlic clove
- 1 tsp salt
- 3/4 cup cooking water

Instructions

1. Measure chickpeas into a pressure cooker strainer basket and rinse well.
2. Pour chickpeas into a bowl, cover with water and let stand overnight, lid on.
3. Pour chickpeas back into the strainer basket and rinse well.
4. Put the strainer basket with chickpeas into the pressure cooker, cover with water, and pressure cook for 20 minutes.
5. Meanwhile add the garlic, tahini, olive oil, salt and lemon juice to a food processor.
6. Let the pressure cooker cool down to release the pressure, carefully open the lid, remove the strainer basket and add the warm chickpeas to the food processor together with the cooking water.
7. Blend for 90 seconds until smooth.
8. Transfer into glass containers and store in refrigerator.

Notes

To lower the calories, reduce the quantity of olive oil.