

Nutrition Education

Dips are often loaded with fat, calories and sodium. For something different, try this dip. They are low in fat, are very nutritious and easy to make.

Simple Hummus

15-oz. can garbanzo beans, drained, liquid reserved
2 garlic cloves, minced
1 tsp. ground cumin
1 tbsp. olive oil
1/2 tsp. black pepper

Combine garbanzo beans, garlic, cumin, salt, and olive oil in a food processor or blender. Blend on low speed, gradually adding reserved garbanzo bean liquid, until desired consistency is achieved. Serve with crackers, raw vegetables or warm pita bread.

