



EATING SMART
BEING ACTIVE

Hummus with Raw Veggies

Makes: 8 servings (1 cup veggies and ¼ cup hummus per serving)

Preparation Time: 10 minutes

Ingredients

6 cups of washed, cut, fresh veggies such as carrots, broccoli, celery, cucumber, or green pepper

1 (15 ounce) can garbanzo beans (chickpeas), drained and liquid saved

1 medium clove garlic, crushed with a garlic press or back of a knife

1 teaspoon lemon juice

¼ teaspoon salt

1 tablespoon vegetable oil

2 tablespoons creamy peanut butter (optional)

¼ teaspoon cumin (optional)

Directions

1. Before starting to prepare the recipe:
 - a. Wash the veggies, and slice them into pieces that are easy to dip.
 - b. Drain chickpeas, but save the liquid in a small bowl.
 - c. Collect, chop, and measure all ingredients.
2. For the smoothest consistency, add garbanzo beans, garlic, lemon juice, salt, vegetable oil, peanut butter (if using), and cumin (if using) to a blender. Leave the garbanzo bean liquid aside.
3. Blend on low speed, gradually adding the garbanzo bean liquid 1 tablespoon at a time until smooth and creamy.*
4. Serve with vegetables arranged on a plate around a bowl of the hummus.
5. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

* If you do not have a blender, use the back of a fork to mash the beans, add other ingredients, and stir in garbanzo bean liquid to desired consistency. The hummus will be chunkier if prepared this way.

Be creative! Serve with crackers or chips or on your favorite sandwich.



United States
Department of
Agriculture

National Institute
of Food and
Agriculture



EFNEP
COLORADO STATE UNIVERSITY
EXTENSION

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

Nutrition Facts	
8 servings per container	
Serving size	1/4 Cup (60g)
Amount Per Serving	
Calories	130
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	14%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 2mg	10%
Potassium 180mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Hummus only

Celebrate! Eat Smart & Be Active