

Turmeric Hummus

7 ingredients · 10 minutes · 4 servings



Directions

1. Add all ingredients together in a food processor. Blend until a creamy consistency forms. Enjoy!

Notes

Serve it With

Veggie sticks, brown rice tortilla chips, on a salad, in a wrap or as a sandwich spread.

Leftovers

Store in an air-tight container in the fridge up to 3-5 days, or in the freezer up to 6 months.

Ingredients

- 2 cups Chickpeas (cooked)
- 1 Garlic (clove)
- 1 tbsp Tahini
- 3 tbsps Apple Cider Vinegar
- 1/4 cup Extra Virgin Olive Oil
- 1/2 tsp Turmeric
- 1/2 tsp Sea Salt

Nutrition

Amount per serving

Calories	281	Cholesterol	0mg
Fat	18g	Sodium	306mg
Carbs	24g	Vitamin A	25IU
Fiber	7g	Vitamin C	1mg
Sugar	4g	Calcium	59mg
Protein	8g	Iron	3mg