



Homemade Hummus

4 servings

INGREDIENTS

- 1 15 oz can garbanzo beans, drained, liquid reserved
- 1 Tbsp lemon juice
- 1 Tbsp oil
- 1 garlic clove
- ½ tsp cumin
- ½ tsp salt

DIRECTIONS

1. Blend all ingredients in food processor or blender.
2. Once combined, slowly add reserved garbanzo bean liquid into the mixture until desired consistency is achieved.
3. Refrigerate leftovers.
4. **Tip:** Serve with fresh veggies, on sandwiches or with corn or pita chips.



Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.



Homemade Hummus

4 servings

INGREDIENTS

- 1 15 oz can garbanzo beans, drained, liquid reserved
- 1 Tbsp lemon juice
- 1 Tbsp oil
- 1 garlic clove
- ½ tsp cumin
- ½ tsp salt

DIRECTIONS

1. Blend all ingredients in food processor or blender.
2. Once combined, slowly add reserved garbanzo bean liquid into the mixture until desired consistency is achieved.
3. Refrigerate leftovers.
4. **Tip:** Serve with fresh veggies, on sandwiches or with corn or pita chips.



Become a Recipe Tester and enter to win a \$100 gift card!

Visit VT Fresh for recipes, videos & more! vtfoodbank.org/vtfresh

This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.