

# Lemon Garlic Hummus

## Ingredients

- 1 can chickpeas
- 2 tbsp olive oil
- ¼ cup lemon juice
- 1 clove garlic
- ½ tsp chili powder
- ½ tsp salt

## Directions

1. Drain chickpeas
2. Place all ingredients in a food processor or blender, blend until smooth
3. Enjoy dip with fresh vegetable, pretzels, or pita



## Nutrition Facts

Servings: 8

Amount per serving

**Calories** **69**

% Daily Value\*

**Total Fat** 3.9g **5%**

Saturated Fat 0.6g **3%**

**Cholesterol** 0mg **0%**

**Sodium** 240mg **10%**

**Total Carbohydrate** 7.2g **3%**

Dietary Fiber 1.4g **5%**

Total Sugars 0.2g

**Protein** 1.6g