

Sunny SunButter[®] Hummus



Ingredients

Makes 24 servings

2 cups Canned Garbanzos, rinsed and drained

1/2 cup SunButter Creamy

1/3 of a cup of fresh lemon juice

1 teaspoon of salt

1/2 teaspoon of garlic powder

1 1/2 Tablespoons of olive oil

1 teaspoon of fresh parsley, minced

Ginger Tip: I found using garlic powder was better for the younger students. We used 1/2 teaspoon for 24 servings.

Instructions

1. Wash hands with soap and water.
2. Open the cans of garbanzo beans and drain the water.
3. In a blender or food processor, purée garbanzo beans, SunButter, lemon juice, salt, garlic powder, and olive oil until smooth.
4. Transfer to individual serving containers and garnish with minced parsley.

Nutrition Facts: Calories 60, Calories from Fat 35, Total Fat 4g (6% DV), Saturated Fat 0g (0% DV), Trans Fat 0g, Cholesterol 0mg (0% DV), Sodium 180mg (8% DV), Carbohydrates 5g (2% DV), Dietary Fiber 1g (4% DV), Sugars < 1g, Protein 2g, Vitamin A 0%, Vitamin C 4%, Calcium 2%, Iron 4%.

