



# TIGER CAFÉ HUMMUS

## INGREDIENTS

- 1 can (15 oz.) chickpeas, rinsed & drained
- 3 TBSP tahini
- 3 TBSP lemon juice
- 2 TBSP olive oil
- 1 clove garlic
- ½ teaspoon ground cumin
- ½ teaspoon salt
- 2–4 TBSP cold water
- Paprika, for garnish



## DIRECTIONS

1. Place lemon juice and garlic in food processor. Pulse until garlic is minced. Let garlic and lemon juice rest for 10 minutes to mellow the strong raw garlic flavor.
2. Add tahini and process for 1 minute. Scrape down the sides of your food processor bowl and add chickpeas, olive oil, cumin, and salt. Process until smooth (about 2–3 minutes more). scraping down sides of the processor bowl as needed.
3. To thin hummus, gradually add cold water 1 teaspoon at a time and pulse until smooth and the desired consistency.
4. Taste and season as needed.
5. Transfer to airtight storage container and store for up to 7 days.

| Tiger Café Hummus                 |                |               |
|-----------------------------------|----------------|---------------|
| Nutrition Facts                   |                |               |
| Serving Size: 1 x 1/4 cup Serving |                |               |
| Amount Per Serving                | % Daily Value* |               |
| Calories                          | 228.2 kcal     | 11 %          |
| Total Fat                         | 14.8 g         | 23 %          |
| Saturated Fat                     | 1.9 g          | 10 %          |
| Trans Fat                         | 0.1 g          |               |
| Cholesterol                       | 0 mg           | 0 %           |
| Sodium                            | 457.3 mg       | 19 %          |
| Total Carbohydrate                | 19.1 g         | 6 %           |
| Dietary Fiber                     | 5.6 g          | 22 %          |
| Sugars                            | 3.2 g          |               |
| Protein                           | 6.9 g          | 14 %          |
| Vitamin A                         | 0 %            | Vitamin C 6 % |
| Calcium                           | 8 %            | Iron 11 %     |

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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