



## Lite Hummus

### Instructions:

Puree all the ingredients in a blender until smooth.

### Culinary Tip:

Eat the hummus with sliced cucumbers - the cucumbers are free and go great with the hummus

**Counts as 1 snack**

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### Prep Time:

8 minutes

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### Cook Time:

n/a

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### Ingredients:

3/4 cup canned chick peas -  
drained

2 TBSP. water

1 tsp. fresh lemon juice

salt, pepper, garlic powder, &  
cayenne pepper to taste