

HUMMUS

15 minutes | 6 servings

Ingredients

1 can garbanzo beans	1 cucumber
1/2 can cannelloni beans	1 bell pepper
1/2 cup canola oil	2 carrots
1 garlic clove	salt and pepper to taste

Preparation

1. In a small sauté pan, add 1 tbs oil and add garlic.
2. In blender, add beans, garlic, seasoning and water as needed.
3. Serve with chopped vegetables.

Swap

Instead of this:

beans
canola oil
carrots

Use this:

cooked beets
olive oil
celery

Nutritional information per serving

Calories **200 kcal**
Protein **9g**
Total Fat **8g**

Saturated Fat **1g**
Sodium **210mg**

Total Carbohydrates **23g**

diabetes 
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