

Celery with Homemade Hummus

submitted by donnymack



Per serving: 186 Calories • 17.3g Carbs (5.2g Fiber) • 10.9g Fat • 7g Protein

Ingredients

Ingredients scaled to: 2.5 cup

- 16 oz **Chickpeas** (454 grams)
- 1/4 cup **Lemon juice** (61 grams)
- 1/4 cup **Sesame butter** (60 grams)
- 1 tbsp **Olive oil** (13.5 grams)
- 2 cloves, minced **Garlic** (6 grams)
- 1/2 tsp **Salt** (3 grams)
- 5 stalk, medium (7-1/2" - 8" long) **Celery** (200 grams)

Directions

Directions are based on the original recipe of 2.5 cup

1. Place garbanzo beans and half of liquid from can in blender. Add lemon juice, tahini, oil, garlic, and salt; cover and blend until smooth. (Add a little more liquid, if needed, to make hummus thinner.)
2. Cut celery into serving-size pieces and serve with the hummus. Enjoy!