

## Nutribullet Hummus with Veggie Sticks

submitted by ZenKari



Per serving: 59 Calories • 5.8g Carbs (1.7g Fiber) • 3.3g Fat • 2.2g Protein

### Ingredients

*Ingredients scaled to: 40 Tbs*

2 stalks, large (11 inches long) **Celery** (128 grams)

2 cloves, minced **Garlic** (6 grams)

2 cup **Chickpeas** (328 grams)

1 tsp **Salt** (6 grams)

1/3 cup **Sesame butter** (80 grams)

3 tbsp **Lemon juice** (45 grams)

1 tbsp **Olive oil** (13.5 grams)

### Directions

*Directions are based on the original recipe of 40 Tbs*

1. Place all ingredients aside from celery in Nutribullet. Pulse with the Extractor Blade several times until well combined but still coarse. Adjust seasonings.
2. Transfer to serving bowl and serve, or cover with plastic wrap and refrigerate to store.