

Black Bean Hummus



Servings: 6

Servings size: 1 cup

Nutrition Information:

16 carbohydrates

140 calories

5g fiber

6g fat

7g protein

90mg sodium

Ingredients:

1 can no-salt-added black beans, drained and rinsed

2 cloves garlic

1 cup tahini

1 tsp. ground cumin

2 tsp. reduced sodium tamari

Juice of one lemon

¼ cup chopped fresh cilantro (optional)

Directions:

1. Place all ingredients in food processor, blend until well mixed.
2. Serve and enjoy.