



Donna's Hummus with Veggies and Gluten-free Crackers

This hummus is made with chick peas or garbanzo beans. One of the main benefits of chick peas is that they are loaded with protein. Just one cup is about 14.5 grams and they also keep you feeling fuller longer. The fiber and protein may help regulate blood sugar levels as well. Chickpeas are a great source of several minerals, such as magnesium and potassium, which may support heart health by helping prevent high blood pressure. Last but not least, they are versatile to fit into most recipes. I also like to roast them and eat them as a snack.

Ingredients:

- 2 (15oz) cans chick peas rinsed and drained (save the juice)
- 1-2 tbs tahinni
- Salt to taste
- 1 tsp smoky paprika
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp cayenne pepper
- 1/2 cup or more reserved juice from chick peas

Directions:

1. Using a blender, put in all ingredients and blend until creamy
If it's too thick, add more of the chick pea juice to get to the desired consistency.
2. Place in a container with cover and keep in refrigerator (will keep for a week)
3. Spread on toast, gluten-free crackers and veggies
4. You can also add any cooked veggies that you would like when blending
5. Enjoy

