



INGREDIENTS

- 2½ Cups Garbanzo Beans, low-sodium, canned, drained, rinsed (save liquid in can to use in step two. If using water, drain and rinse beans)
- 1 Teaspoon Garlic Powder
- 2 Teaspoons Lemon Juice (fresh or bottled)
- 2 Tablespoons Vegetable Oil
- ¼ Cups Water (or liquid from garbanzo beans)
- 1 Teaspoon Cumin (ground)
- ¼ Teaspoon Black Pepper (ground)
- ¼ Cup Greek Yogurt (plain, non-fat)

DIRECTIONS

1. Wash hands with soap and water for at least 20 seconds.
2. In a blender or food processor, combine garbanzo beans, garlic powder, lemon juice, vegetable oil, water or bean liquid, cumin, black pepper, and yogurt. Blend until smooth. Add additional water or liquid if needed.
3. Serve immediately, or keep cold at 40° or lower.

MEAL PATTERN CONTRIBUTION

 Meat/Meat Alternate

MEAL TYPE

 Snack

YIELD

2¼ Cups

PORTION SIZES

Toddler: 3 Tablespoons

Preschool: 3 Tablespoons

School Age: ¾ Cup

Adult: ¾ Cup

*Recipe courtesy of The Institute of Child Nutrition.