

Chickpea and Black Bean Hummus

Original Recipe Yield 2 cups

Ingredients:

- * 1 cup canned black beans, drained
- * 1 cup canned garbanzo beans (chickpeas), drained
- * 1 tablespoon olive oil
- * 2 tablespoons fresh lemon juice
- * 2 tablespoons plain nonfat yogurt
- * 2 tablespoons water
- * 1 clove garlic, roughly chopped
- * 1 1/2 teaspoons curry powder
- * salt or Mrs. Dash and pepper to taste

Directions:

1. Place black beans, garbanzo beans, olive oil, lemon juice, yogurt, water, and garlic into the bowl of a blender. Season with curry powder, salt, and pepper. Cover and puree until smooth. Refrigerate until ready to serve.

Nutrition:

Calories: 83

Fat: 2.2g

Sodium: 257mg

Carbs: 12.7g

Protein: 3.6g