

Seasoning Hummus [15 Healthy Dips and Spreads \(healthline.com\)](#) [Retrieved 5.23.24]



This recipe yields 4 servings. This homemade **hummus** is creamy and flavored with everything bagel seasoning. You can spread it on sandwiches or wraps and use it as a dip for fresh vegetables and fruit.

Ingredients:

2 cups (500 grams) of chickpeas, drained and rinsed (about 1 can)
2 cloves of garlic, minced
1/4 cup (60 ml) of olive oil
1 tablespoon (9 grams) of sesame seeds
1 teaspoon of poppy seeds
1 teaspoon of onion powder
salt to taste

Directions: Add the chickpeas, garlic, and olive oil to a food processor or high-powered blender. Pulse or blend until smooth, and add more olive oil or water to thin it out if needed.

Transfer to a bowl and add the sesame seeds, poppy seeds, and onion powder. Stir before serving.

NUTRIENTS PER SERVING: Calories: 241 Protein: 7 grams Carbs: 18 grams Fat: 18 grams