

# RASPBERRY HUMMUS

This unique twist on traditional hummus seamlessly combines the smooth, savory goodness of chickpeas with the vibrant sweetness of ripe raspberries. Perfect for a flavorful dip or spread.



**PORTION SIZE:** ¾ cup

**CREDITING:** One portion provides ⅛ cup fruit and ½ cup vegetable/legume



INGREDIENTS	24 SERVINGS	DIRECTIONS
IQF whole Washington red raspberries, frozen	1 quart 1 pint	1. Thaw raspberries overnight in the refrigerator. Push raspberries through a fine sieve with the back of a spoon and discard the seeds. Cool if necessary.
Beans, garbanzo	5 pounds 10 ounces	
Oil, canola	1 ½ cups	2. Place garbanzo beans and olive oil in a food processor bowl. Cover and process until almost smooth.
Yogurt, plain, low fat	1 ½ cups	
Garlic, chopped, fresh	½ cup	3. Add pureed raspberries along with the yogurt, garlic, thyme, lemon juice and salt. Process until smooth.
Thyme, fresh	⅓ cup 1 tablespoon	
Lemon juice	⅓ cup	4. Portion out ¾ cup hummus
Salt, kosher	1 tablespoon	
		5. Serve with pita chips or veggies to dip

NUTRITION INFORMATION			1 serving = ¾ cup		
NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	219		Total Carbohydrate	19.76	(g)
Total Fat	14.2	(g)	Dietary Fiber	5.173	(g)
Saturated Fat		(g)	Total Sugars	2.2239	(g)
Cholesterol	0.556	(mg)	Vitamin D	n/a	(IU)
Sodium	476	(mg)	Calcium	56.975	(mg)
Protein	5.37	(g)	Iron	1.574	(mg)

## NOTES

## YIELD/VOLUME

## SOURCE

redrazz.org