



Lower-FODMAP Hummus

Hummus tastes great and is a healthy choice for managing blood sugars, but commercial hummus can sometimes be hard to digest. Enjoy flavorful hummus again with this IBS-friendly homemade version. Canned, drained chickpeas are lower in FODMAPs than those that are cooked from scratch or used in commercial hummus.

Ingredients:

- 1 (14.5 ounce) can chickpeas, drained and rinsed
- 2 tablespoons water
- 4 tablespoons fresh lemon juice
- 2 tablespoons peanut butter
- 2 tablespoons garlic-infused oil
- 1 teaspoon sesame oil, dark or spicy
- ½ teaspoon salt

Procedure:

Measure ingredients into the bowl of a blender or food processor in the order shown. Process until smooth and creamy. Transfer to a serving bowl and drizzle a little extra sesame oil on top to garnish. Serve immediately with fresh vegetables such as carrot sticks and sliced cucumbers.

Serves: 8

Nutrition (per serving): 141 calories, 7.5g total fat, 369.2mg sodium, 15.4g carbohydrates, 3g fiber, 4.2g protein

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