



## Sun-Dried Tomato Hummus

### Ingredients:

2 Tbsp Olive Oil  
2 Tbsp Fresh Lemon Juice  
1 clove Garlic  
2 Tbsp Tahini  
½ tsp Kosher Salt  
15 oz can Chickpeas, ¼ c liquid reserved  
¼ tsp Paprika  
15 oz can Sun-dried Tomatoes, ¼ c liquid reserved

### Nutritional Information:

- Servings size: ¼ cup
- Calories: 100 kcal
- Carbohydrates: 12 g
- Sugar: 1 g
- Protein: 5 g
- Fat: 7 g
- Saturated Fat: 1 g
- Fiber: 3 g
- Sodium: 350 mg
- Cholesterol: 0 mg

### Instructions:

Add ingredients in order listed to Twister jar, and place Twister lid on jar. Select "Sauce," and turn lid counterclockwise during blending.