BLACK BEAN & CHICKPEA HUMMUS

SERVES 4

Preparation time: 15 minutes

INGREDIENTS

1 cup canned black beans, drained
1 cup canned garbanzo beans, drained
1 tablespoon olive oil
2 tablespoons lemon juice
2 tablespoons plain nonfat yogurt

2 tablespoons water
1 clove garlic, chopped
1 ½ teaspoons curry powder
Salt and pepper to taste

DIRECTIONS

1. Place beans, olive oil, lemon juice, yogurt, water, and garlic into blender.
2. Season mixture with curry powder, salt, and pepper.
3. Cover and puree mixture until smooth.
4. Refrigerate until ready to serve.

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