

# Spinach and Artichoke Hummus- Nut Free



**FOODSERVICE**

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SERVING SIZE: 8

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## Ingredients

- 1 1/2 cups **Furmano's Chick Peas (Garbanzo Beans)** , Drained & Rinsed
- 1/4 cup Full Fat Plain Greek Yogurt
- 1 teaspoon Fresh Garlic, Minced
- 3 tablespoons Olive Oil
- 1/4 cup Artichoke Hearts, Drained and Quartered
- 2 tablespoons Steamed Spinach, water removed
- 1/2 teaspoon Onion Powder
- 1/2 teaspoon Salt
- 1/2 teaspoon Black Pepper

## In This Recipe



Pouch Chick Peas for Hummus - No EDTA



Pouch Chick Peas For Hummus - Solid Pack



Chick Peas (Garbanzo Beans) - 15.5 oz.



Chick Peas for Hummus

## Preparation

1. In a food processor, combine all ingredients and blend for one minute until smooth. Scrape down sides and blend again for thirty seconds.

