



## Artichoke Hummus With Fresh Basil

Hands-on time	15 min
Total time	15 min
Meal	snack.
Category	other
Frequency	monthly
Season	winter, summer, spring, fall.



Jim

Recipe from Forks over Knives Fall 2018

Servings  6

### Ingredients

15 oz. can garbanzo beans, rinsed and drained  
 15 oz can artichoke hearts, rinsed and drained  
 1 tbsp. lime juice  
 1 small garlic clove, peeled  
 sea salt, to taste  
 black pepper, to taste  
 1/2 cup basil, finely chopped

### Directions

1. In a blender or food processor combine the first four ingredients ( through garlic) and 2 tbsp. water. Cover and blend or process until smooth. Season with salt and pepper. Add basil; cover and process just until combined.
2. Chill, covered, until ready to serve.

### Nutrition Info

Per Serving based on 6 servings

[View by Ingredient](#)

Calories	134
Protein	7.46 g
Fat	2.09 g
Carbs	23.99 g
Fiber	8.43 g
Sugar	3.6 g

[Learn about how we calculate nutrition data](#)

**Feedback on this recipe? Let us know**