

# Sun Butter Hummus

BY **JACKIE MORGAN**, FOOD SERVICE DIRECTOR, MILTON SCHOOL DISTRICT

Jackie Morgan, food service director of Milton, serves this hummus in a 4-ounce scoop as a dip for raw veggies. She also uses it for salads and for making a Mediterranean wrap with feta cheese, lettuce, tomato, and cucumbers. She says the wrap is “super great!”

- 1½ #10 cans garbanzo beans
- 1½ cups lemon juice  
(fresh, canned, or bottled)
- 2 cups sunflower seed butter,  
salt added (16 ounces)
- 2 teaspoons salt, or more to taste
- 2 tablespoons raw garlic,  
or more to taste

**YIELD: 100 SERVINGS (K-5) ✱ SERVING SIZE: 3 TABLESPOONS**

Drain garbanzo beans.

Using a food processor with a steel blade, mix all ingredients together and process until you have a smooth texture.

**NOTE:** *You need a food processor or immersion blender for this recipe.*

## **NUTRITIONAL INFORMATION**

CALORIES: 83; SODIUM: 125.67 MG; SATURATED FAT: 3.06%

## **USDA REQUIREMENTS MET**

1/8 CUP LEGUME VEGETABLE