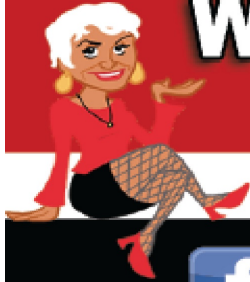


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CHICKPEA DIP

Advanced Lifestyle

Ingredients

- 3 garlic cloves
- 1/4 cup plain (unflavored) low-fat yogurt
- 1 TBS fresh lemon juice
- 1 TSP olive oil
- 1/4 TSP Morton's Salt
- 1/4 TSP paprika
- 1/8 TSP pepper
- 1 (19-oz.) can chickpeas (Garbanzo beans), drained

Instructions:

Drop all the above ingredients through food chute with food processor on. Process until minced.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 1/4 cup (4 TBS) = 1 FT (or, 1/2 cup = 1/2 PR)