

Healthy Recipe: Lemony White Bean Hummus

This creamy spread is bursting with protein, minerals, and fiber.

October 28, 2022 By Cook for Your Life

This lemony white bean hummus will blow you over! It is super delicious and a wonderful alternative to the more traditional chickpea version. This creamy spread is bursting with protein, minerals, and fiber. It is excellent as a dip, as a spread for sandwiches, and even as a base for vegan pizzas. Enjoy!

6 servings

15 minute pre

8 ingredients

Ingredients

- 1 (15-ounce) can of cannellini beans, drained and rinsed
- ¼ cup tahini
- ½ teaspoon cumin
- 1 lemon, juiced and zested
- Sea salt to taste
- 2 teaspoons olive oil for drizzling
- ¼ teaspoon Aleppo pepper flakes (optional)
- Chopped parsley or cilantro for garnish

Directions

1. In the bowl of a food processor, place the cannellini beans, tahini, cumin, lemon juice, and zest. Puree the beans until smooth. Season with salt to taste.

2. Heap onto a plate and spread out with a knife. Drizzle with olive oil and sprinkle with Aleppo pepper if using and parsley. Serve with a selection of veggie sticks or homemade [Whole Wheat Pita Chips](#).

Chef Tips

If you can't find Aleppo pepper, sprinkle with regular red pepper flakes.

Nutrition Facts (per serving)

Calories: 158; Fat: 7g; Saturated Fat: 1g; Polyunsaturated Fat: 3g; Monounsaturated Fat: 3g; Carbohydrates: 18g; Sugar: 1g; Fiber: 5g; Protein: 7g; Sodium: 217mg

Registered Dietitian Approved

Our recipes, articles, videos, and more content are reviewed by our Registered Dietitian Kate Ueland, MS, RD, CSO, a board-certified specialist in oncology nutrition, to ensure that each is backed with scientific evidence and follows the guidelines set by the [Oncology Nutrition for Clinical Practice, 2nd Ed.](#), published by the Oncology Nutrition Dietetic Practice Group, a professional interest group of the [Academy of Nutrition and Dietetics](#), and the [American Institute for Cancer Research](#) and the [American Cancer Society](#).

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