

Healthy Recipe: Lemony White Bean Hummus

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

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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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