



## Hummus Dip

### INGREDIENTS:

2 cups	Cooked garbanzo beans (save some juice)
1 Tbsp	Tahini
3 Tbsp	Lemon juice
1 tsp	Olive oil
¼ cup	Parsley
1	Medium carrot, chopped
2	Cloves garlic
¼	Small red onion
¼ tsp	Cumin
¼ tsp	Coriander
¼ tsp	Paprika
¼ tsp	Cayenne
1 tsp	Tamari
2 Tbsp	Left-over garbanzo bean juice

### PREPARATION:

- Place garbanzo beans, carrots, tahini, lemon juice, olive oil and garlic in food processor and blend until very smooth.
- Add remaining ingredients to food processor and blend until fine but not too long or hummus will discolor.
- Adjust thickness with reserved bean liquid.
- Adjust seasonings to taste.

<b>Number of servings:</b>	<b>4 cups</b>
<b>Serving Size:</b>	<b>¼ cup</b>
<b>Calories:</b>	<b>68</b>
<b>Fat Grams:</b>	<b>1</b>

