



## 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>      |

