





Hummus with Raw Veggies

Makes: 8 servings (1 cup veggies and ¼ cup hummus per serving)

Preparation Time: 10 minutes

Ingredients

8 cups of washed raw veggies such as carrot, broccoli florets, celery sticks, cucumber slices, or slices of green pepper

1 (15 ounce) can garbanzo beans (chickpeas), drained and liquid saved

1 medium clove garlic, crushed with a garlic press or back of a knife

1 teaspoon lemon juice

¼ teaspoon salt

1 tablespoon vegetable oil

2 tablespoons creamy peanut butter (optional)

¼ teaspoon cumin (optional)

Directions

- 1. Before starting to prepare the recipe:
 - a. Wash the veggies, and slice them into pieces that are easy to dip.
 - b. Drain chickpeas, but save the liquid in a small bowl.
 - c. Collect, chop, and measure all ingredients.
- 2. For the smoothest consistency, add garbanzo beans, garlic, lemon juice, salt, vegetable oil, peanut butter (if using), and cumin (if using) to a blender. Leave the garbanzo bean liquid aside.
- 3. Blend on low speed, gradually adding the garbanzo bean liquid 1 tablespoon at a time until smooth and creamy.*
- 4. Serve with vegetables arranged on a plate around a bowl of the hummus.
- 5. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.
- * If you do not have a blender, use the back of a fork to mash the beans, add other ingredients, and stir in garbanzo bean liquid to desired consistency. The hummus will be chunkier if prepared this way.

Be creative! Serve with crackers or chips or on your favorite sandwich.

Nutrition	Facts
8 servings per container	
• .	/4 Cup (60g
Amount Per Serving	
Calories	130
	% Daily Value
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	149
Total Sugars 3g	
Includes 0g Added Suga	rs 0 %
Protein 6g	129
Vitamin D 0mcg	09
Calcium 30mg	29
Iron 2mg	109
Potassium 180mg	49
*The % Daily Value (DV) tells you how m serving of food contributes to a daily die day is used for general nutrition advice.	

Hummus only