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.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving size</th>
<th>1/4 Cup (60g)</th>
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<tbody>
<tr>
<td>Amount Per Serving</td>
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</table>
| Calories | 130 |%
| Total Fat | 5g |6% |
| Saturated Fat | 1g |8% |
| Trans Fat | 0g |%
| Cholesterol | 0mg |%
| Sodium | 95mg |4% |
| Total Carbohydrate | 19g |6% |
| Dietary Fiber | 4g |14% |
| Total Sugars | 3g |%
| Includes Added Sugars | 0g |%
| Protein | 6g |12% |
| Vitamin D | 0mcg |%
| Calcium | 30mg |2% |
| Iron | 2mg |10% |
| Potassium | 180mg |4% |

* The % Daily Value (%DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Hummus only