



Hummus Dip with Veggies

Servings per recipe: 32 servings
Serving size: 2 tablespoons

kideatscooking.org

Ingredients

2 (15-ounce) cans of garbanzo beans (chickpeas), rinsed and drained
3 to 6 cloves of garlic (peeled)
2 tablespoons lemon juice
3 tablespoons olive oil

½ teaspoon salt
½ teaspoon pepper
½ cup tahini (ground sesame seeds) (optional)
Vegetables for dipping

Tools

1 electric blender or food processor
1 spoon
1 medium bowl with lid
1 can opener

Directions

Wash hands and make sure utensils and countertops are clean.

1. Assemble ingredients and rinse vegetables under running water.
2. Place garbanzo beans into electric blender or food processor.
3. Add garlic, lemon juice, olive oil, salt, pepper, and optional tahini.
4. Blend.
5. If dip is too thick, slowly add water until hummus reaches desired consistency.
6. Slice or cut vegetables for dipping.

Share and enjoy!



Tip:

Hummus can also be used as a dip with vegetables, pieces of whole-grain pita bread, tortilla chips, or pita chips. Use as a spread for sandwiches, rolls, wraps, etc. Great to use in place of mayonnaise!

Nutritional Analysis (per serving)

Calories: 59.3 kcal
Fat: 3.7 g
Saturated
Monounsaturated
Carbohydrates: 5.2 g
Fiber: 1.5 g
Sugar: .8 g
Protein: 2.0 g

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