

## Hummus Dip with Veggies

Servings per recipe: 32 servings Serving size: 2 tablespoons

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## 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

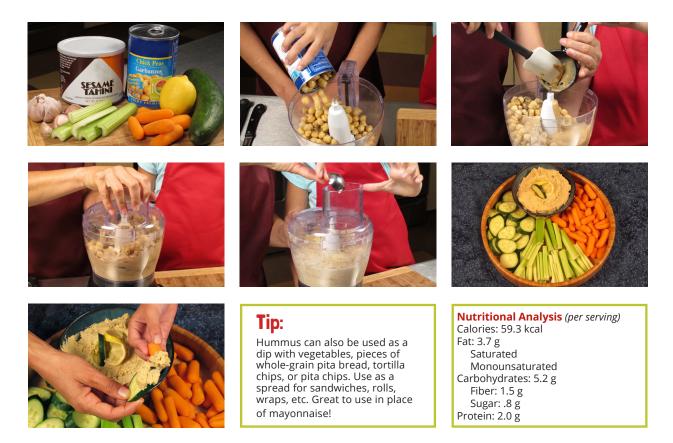
 electric blender or food processor
 spoon
 medium bowl with lid
 can opener

## 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.

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