

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

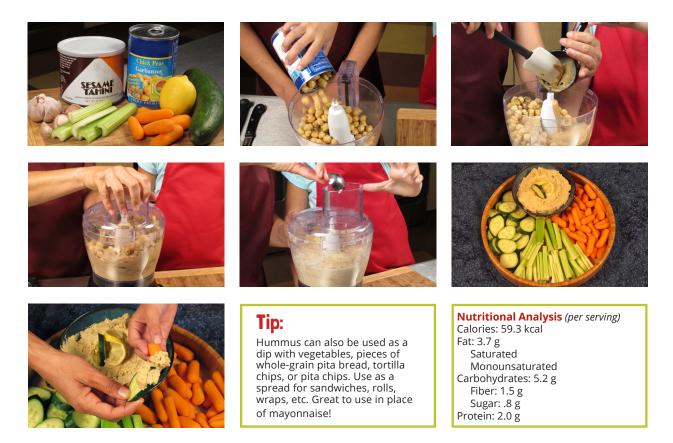
 electric blender or food processor
 spoon
 medium bowl with lid
 can opener

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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