



Carrot Hummus

Yields: Makes 2 cups

Ingredients:

- 2 cups chopped carrots
- 1-15, oz can garbanzo beans
- 2 tbsp. tahini
- 2 tbsp. olive oil
- Juice of 1 lemon, about 1/4 cup
- 1 tsp cumin
- 2 cloves garlic
- salt to taste

Directions:

1. Peel carrots and cut in half. Cook carrots in a pot of boiling water for about 10 minutes or until soft. Drain carrots.
2. In a food processor, combine the cooked carrots, garbanzo beans, lemon juice, tahini, garlic, salt and cumin. Blend together then slowly drizzle in olive oil until smooth.
3. Serve with cauliflower or vegetables of choice.