



Garden Hummus with Veggie Dippers

Yield: 3 cups

Ingredients:

- 1, 15 oz can garbanzo beans
- $\frac{1}{4}$ cup liquid from garbanzo beans
- 1 lemon, juiced
- 1 clove garlic
- 1 cup any garden herbs: cilantro, dill, basil, parsley
- 1 cup any garden greens: spinach, kale, chard
- 2 tbsp olive oil
- 1 tsp salt

Dippers:

- cauliflower florets
- broccoli trees
- carrot coins
- snap peas
- radishes

Directions:

1. Drain liquid from garbanzo beans and set liquid aside.
2. Place garbanzo beans, garlic, lemon juice, herbs and greens in a food processor.
3. Blend until smooth. Add reserved garbanzo bean liquid or water and drizzle in olive oil.
4. Add salt to taste.
5. Serve with veggie dippers of choice.