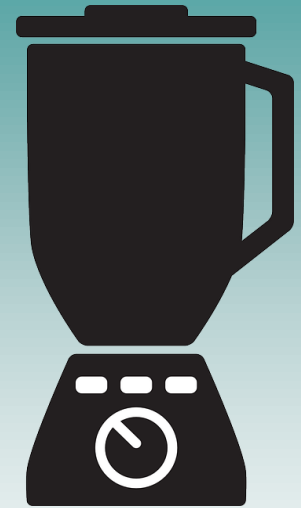


Hummus with Vegetables

Serving size: 2 Tablespoons,
servings vary based on broth added

Ingredients:

- 1 ½ cups of cooked chickpeas
- 1/4 cup lemon juice
- 2 cloves garlic, chopped
- 1 tablespoon Tahini (also known as sesame seed paste)
- Spices of choice (such as paprika)
- Chicken broth or vegetable broth added until reach desired consistency (preferably homemade, if purchased store bought, check ingredient lists for chemicals and preservatives)



Directions:

1. Combine first 5 ingredients in a blender or food processor and blend for 30 seconds. Slowly add in chicken or vegetable broth and blend on high until reach desired creaminess and consistency. The longer you allow the hummus to process, the creamier the mixture becomes.
2. Pour hummus into serving dish and serve with festive colored vegetables, such as cherry tomatoes, cucumber, green and red bell peppers.