



Hummus & Crudites

Active Time: 15 minutes | **Total Time:** 15 minutes | **Serves:** 4

Nutrition Information Per Serving

186 calories, 32.4 g carbohydrate, 7.23 g fiber, 25.17 g NET carbs, 7.33 g protein, 3.55 g fat

Ingredients

- 2 medium(s) organic carrot, cut into 3-inch sticks
- 4 stalk(s) organic celery, cut into 3-inch pieces
- 2 medium(s) cucumbers, peeled and sliced
- 2 clove(s) organic garlic, crushed
- 1 16-oz can organic garbanzo beans, drained
- 1 Tbsp tahini (sesame paste)
- 1/4 cup(s) filtered water

Preparation

1. In a food processor, add garbanzo beans, garlic, tahini, and water.
2. Process until smooth.
3. Serve with cucumbers, celery and carrots for dipping.

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