



EASY HUMMUS DIP

Ingredients (1 Serving)

- 19oz can of drained and rinsed chickpeas
- 3 tablespoons lemon juice
- 2 tablespoons canola oil
- 1 teaspoon ground cumin
- 2 garlic cloves; chopped or crushed (you can substitute $\frac{1}{4}$ teaspoon garlic powder for the 2 garlic cloves)

Directions

- Drain the can of chickpeas, rinse well with water, and place in a blender or food processor.
- Add lemon juice, canola oil, ground cumin, and garlic cloves (or minced garlic).
- Blend or process until smooth. Add a small bit of water, if needed.
- Add pepper to taste. Keep refrigerated.

Serve with whole grain crackers or pita bread, or vegetables.



**eat great
& participate**

Supporting Wellness through Healthy Eating