



Roasted Carrot Hummus

This is a great alternative to traditional hummus, giving a caramelized flavor and bright orange color. Add 1/4 teaspoon cinnamon for a sweeter flavor.

U.S.

For the Carrots

2 each	Carrots, cut into 1 inch thick slices
1 tsp	Olive oil
1/8 tsp	Kosher Salt

For the Hummus

1, 15 oz can	Chickpeas, drained and rinsed
2 Tbsp	Tahini (optional)
1 each	Lemon, zested and juiced
2 Tbsp	Olive Oil
2 Tbsp	Water
1/2 tsp	Kosher Salt
1/2 tsp	Cumin, ground
1 cup	Roasted Carrots

To Serve

2 each	Cucumbers, cut into sticks
2 heads	Broccoli, cut into florets
2 cups	Sugar snap peas, destemmed

Metric

2 each
5 mL
0.75 g
1 (425g) can
60 mL
1 each
60 mL
60 mL
1.5 g
2 g
200 g

Preparation:

1. Gather all ingredients and equipment. Preheat oven to 425°F
2. Toss the carrots in 1 tsp oil and 1/8 teaspoon of salt. Arrange carrots on a baking tray, and roast until fork tender and they start to brown, approximately 20 minutes. Remove the carrots from the oven and allow to cool.
3. In a food processor, add all of the ingredients for the hummus and blend until completely smooth, about 2 minutes. If needed, halfway through blending, scrap down the sides of the mixture in the food processor to help combine all ingredients. If hummus is too thick, add water 1 tablespoon at a time until desired consistency is reached.

****Nutrition Facts on Reverse**

Nutrition Facts

16 Servings

Serving size **1/4 cup**

Amount per serving

Calories **60**

Total Fat 3.5 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 2 g

Cholesterol 0 mg

Sodium 125 mg

Total Carbohydrate 6 g

 Dietary Fiber 2 g

 Total Sugars 1 g

 Includes 0g Added Sugars

Protein 2 g

Vitamin D 0 %

Calcium 0 %

Iron 2 %

Potassium 56 mg

Phosphorus 30 mg
