

Hang Ten Hummus

Before hanging ten, take your favorite vegetables for a dip in some creamy hummus!

Ingredients:

- One 15-ounce can garbanzo beans, drained and rinsed
- 1/4 cup tahini paste (also known as sesame seed paste)
- 1 small garlic clove, roughly chopped
- 1/8 cup fresh lemon juice
- 2 tablespoons water, plus more as needed
- 2 tablespoons extra virgin olive oil
- 1 teaspoon coarse salt
- Pinch of ground nutmeg
- Pinch of cumin
- Vegetables of your choice – we suggest carrot sticks, celery sticks, broccoli, cauliflower, cherry tomatoes, red bell pepper strips, sugar snap peas, etc.



Directions:

- 1 In a food processor, have a grown-up combine all ingredients and pulse until smooth and creamy. Add more water as needed to reach desired consistency.
- 2 Serve hummus in a shallow bowl, and serve with your favorite vegetables on the side.

Please note: All actions involving knife cutting, skewering, stove and oven usage, and electrical appliances (food processor, blender, etc.) should be handled or supervised by an adult.

REMINDER TO SELF: Ask parents if children have any food allergies!