



Roasted Carrots & Hummus

Ingredients

- 2 Garlic Cloves, minced
- 3-4 stems of Thyme
- 2 Cans of Chickpeas, Rinsed & Drained
- Juice of 2 lemons
- 3/4 Cup Tahini
- 4 TBSP Water (more if needed)
- 4 TBSP Olive Oil
- Salt & Pepper to taste
- 6-8 Whole carrots, peeled

Directions

- Add 1 can of Chickpeas to food processor
- Add garlic, lemon juice, Tahini, Olive Oil, water and salt & pepper
- Puree until smooth. Add additional water as needed to get to the perfect creamy texture.
- Garnish with thyme, roasted chickpeas and everything bagel seasoning
- For the roasted chickpeas: place on a cooking tray, drizzle with olive oil and season to taste with salt, pepper and paprika. Roast at 375 ° for 20 minutes or until brown.
- For the roasted carrots: Place on a cooking tray, drizzle with olive oil, add sprinkle of salt and pepper.
- Roast at 375 ° for 20 minutes or until brown.