

# **Hummus with Cucumber & Carrot Sticks**

**Prep Time:** 10 minutes | **Cook Time:** 0 minutes | **Servings:** 4 (snack-size portions)

#### **Ingredients:**

- 1 can (15 oz) chickpeas, drained & rinsed
- 2 tbsp tahini
- 2 tbsp lemon juice
- 1 garlic clove
- 2 tbsp olive oil
- 2–3 tbsp water (as needed)
- ½ tsp cumin
- Salt to taste
- 1 cucumber (sliced into sticks)
- 2 carrots (sliced into sticks)

### **Steps:**

- 1. Add chickpeas, tahini, lemon juice, garlic, olive oil, cumin, and salt to a blender/food processor.
- 2. Blend until smooth, adding water gradually to reach desired consistency.
- 3. Serve with cucumber and carrot sticks.

## **Nutrition (approx, per serving):**

Calories: 180Protein: 5gCarbs: 15gFat: 11gFiber: 4g

#### Tips:

- Add roasted red peppers for extra flavor.
- Store in fridge up to 5 days.