

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: 180
- Protein: 5g
- Carbs: 15g
- Fat: 11g
- Fiber: 4g

Tips:

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