

## Roasted Garlic Hummus with Vegetables

Yields: 6 servings Preparation Time: 30 minutes

### Ingredients

- 2 heads of garlic
- 1 cup olive oil
- 2 cans garbanzo beans, drained and rinsed
- 3 tablespoons tahini paste
- 1 tablespoon cumin
- 1 lemon juiced
- 1 bag baby carrots
- 1 cucumber, sliced
- 4 stalks of celery, cut into sticks
- salt and pepper for seasoning



## Instructions

1. Pre-heat oven to 400 degrees.
2. Cut bottom off garlic heads to expose the cloves. Drizzle 1 tablespoon of olive oil over the garlic and wrap in aluminum foil. Bake for 35 minutes or until garlic is soft. Remove garlic from oven and let cool.
3. Using a food processor blend the garbanzo beans, tahini paste, cumin, and lemon juice until smooth. While the food processor is still on, squeeze in roasted garlic. Then, slowly add the olive oil until a nice and smooth texture is achieved. May need more olive oil if the mixture looks a little dry.
4. Season with salt and pepper and serve with vegetables. Hummus is best when served immediately.