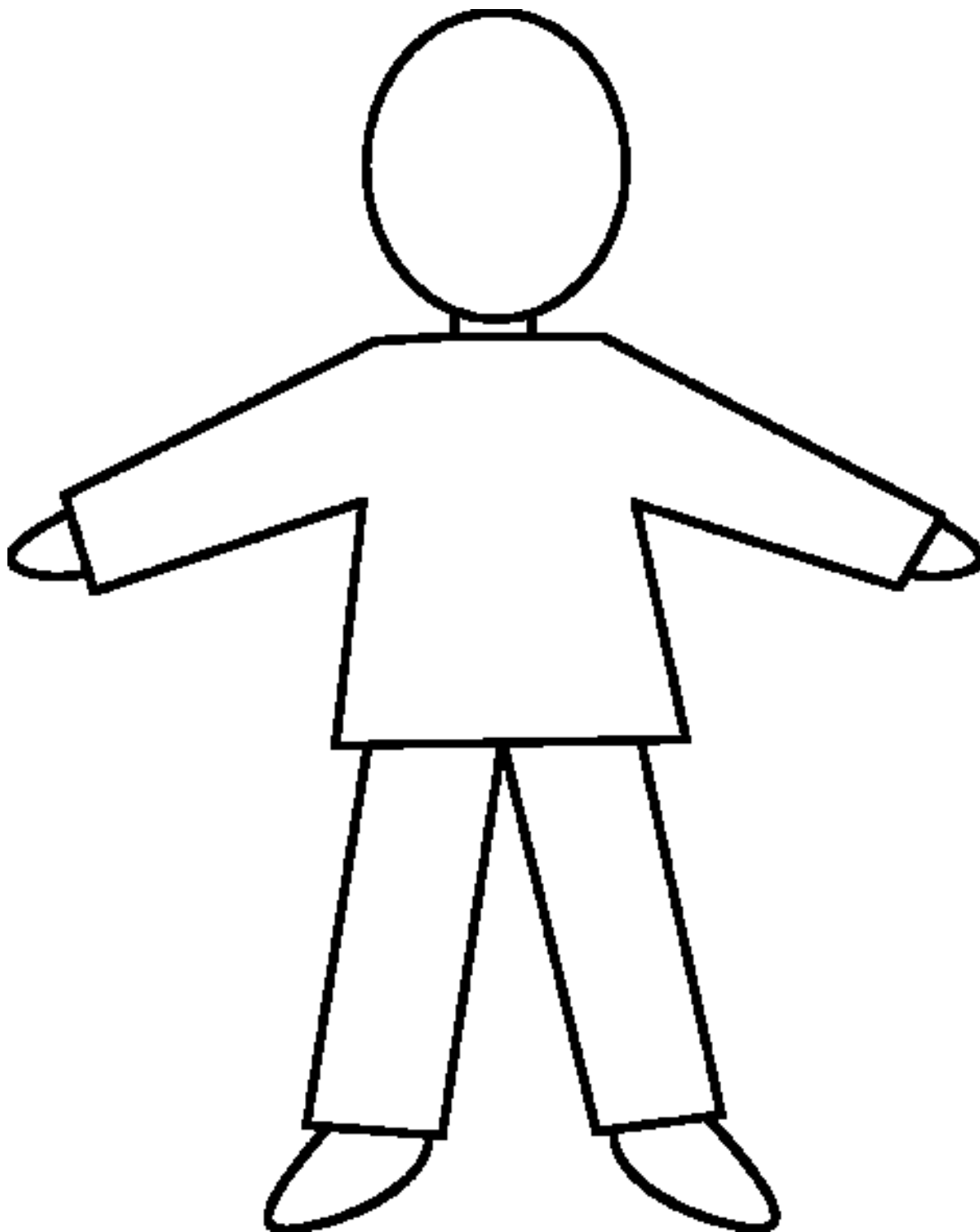
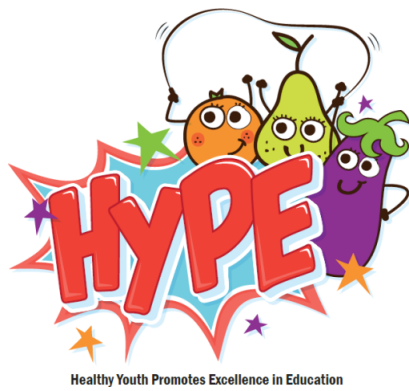


A Healthy Me





# Recipe of the Month

## Hummus and Veggies

Servings per Recipe: 10

### Directions

1. Wash Hands.
2. Peel and chop garlic.
3. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
4. Add garlic, lemon juice, garbanzo beans, yogurt, oil, salt, pepper and warm water to blender.
5. Blend until smooth.
6. Garnish with cumin and serve with fresh vegetables of your choice!

### Ingredients

- ◆ 1 15.5oz can Garbanzo Beans
- ◆ 1 Garlic Clove
- ◆ 1 Large Lemon
- ◆ 1/2 cup Warm Water
- ◆ 2 TBS Low-Fat Plain Yogurt
- ◆ 2 TBS Canola Oil
- ◆ 1 tsp Salt
- ◆ 1/4 tsp Black Pepper
- ◆ Pinch cumin



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How did you like the recipe?

(circle one)

