

INGREDIENTS

- 4 Carrots, chopped
- 2 cups Chickpeas, rinsed and drained
- 1 clove Garlic, peeled
- ¼ cup Tahini
- 2 tbsp Lemon Juice
- 2 tbsp Olive Oil
- 1 tsp Cumin
- 1 tsp Paprika
- Salt and Pepper

DIRECTIONS

1. Preheat oven to 400 F.
2. Toss carrots with olive oil, salt and pepper. Place on baking sheet and roast for 20 minutes or until tender.
3. Place all ingredients in a food processor and blend until smooth. Slowly add water until desired consistency is reached.
4. Enjoy!



Roasted Carrot Hummus

Dairy-Free | Gluten Free | Vegetarian | Vegan

Yield:
6-8 Servings

Prep Time:
15 Min

Cook Time:
25 Min