



CARROT HUMMUS

— READ WITH ME RECIPE —

INGREDIENTS

Chickpeas (1 can)

Shredded carrot (½ cup)

Salt

Pepper

Oil (1 tablespoon)

Lemon juice

DIRECTIONS

1. Heat a small bit of oil in a pan.
2. Add the shredded carrot to the pan. Cook the carrots until they are soft.
3. Drain the can of chickpeas, but save the water.
4. Put the carrots and the chickpeas in the blender. Add some oil, lemon juice, salt, and pepper. (If the mix is too thick, add a little chickpea water to make it thinner.)
5. You made yummy hummus! Dip chips or veggies in it. Enjoy!

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