

# CARROT CURRY HUMMUS



## INGREDIENTS:

- 6 carrots, peeled
- 3 tsp. extra-virgin olive oil
- 1 15 oz. can chickpeas, drained
- 1/4 c. water
- 1/4 c. tahini
- 1/4 c. unsweetened coconut milk
- 2 tbsp. curry powder
- 2 cloves garlic
- 3 tbsp. lemon juice
- 1/4 tsp. paprika
- 1/8 tsp. ground ginger
- 1/8 tsp. cinnamon
- 1 tsp. cumin
- Ground cayenne to taste
- Salt to taste

## INSTRUCTIONS:

- Preheat oven to 425 degrees. Place carrots on baking sheet with oil. Bake until soft, 45 minutes
- Combine softened carrots with all remaining ingredients. Blend until smooth
- Add extra water or oil to reach desired consistency, if necessary, and serve



**SERVES**

4



**PREP**

5 min



**COOK**

50 min

**NOTES**