

Barney's Purple Hummus Dip



Prep time: 5 minutes Makes one cup Serving Size: 3 Tbsp



Ingredients

- 15 oz. can garbanzo beans, drained (keep the liquid)
- 2 garlic cloves, minced
- 1 tsp. ground cumin
- 1/2 tsp. black pepper
- Salt to taste
- 2 tbsp. of lemon juice
- 1 tbsp. extra virgin olive oil
- 1 can of beets (only the juice will be used)

Supplies

- Variety of raw vegetables, cut for dipping (carrots, celery, broccoli, etc)
- 1 package of pita bread
- Measuring spoons
- Food processor
- Mixing bowl
- Mixing spoon
- Serving plate

Directions

1. Combine garbanzo beans, garlic, cumin, salt, pepper, lemon juice and olive oil into a mixing bowl.
2. Put the contents of the bowl into the food processor and blend on low speed, gradually adding about 1/2 cup beet juice and 1/4 cup of reserved garbanzo bean liquid, until the desired consistency is achieved.
3. Cut vegetables and pita bread into bite-sized pieces, arrange on a plate and serve along with the hummus.

*Parents will blend in the food processors. Preschoolers will be able to help combining the ingredients into the mixing bowl — oh, and eating it, too!

Nutritional Facts

Servings per Recipe: 1

Amount Per Serving

Calories:	82cal
Protein:	4g
Fat:	3g
Saturated Fat:	0g
Carbohydrate:	10g
Fiber:	3g
Cholesterol:	0mg
Sodium:	213mg
Calcium:	85mg
Iron:	1mg
Folate:	63mcg

Note: Nutritional analysis may vary depending on ingredient brands used and does not include vegetables or pita bread. Values were rounded to nearest whole number.

Nutritional analysis and facts have been provided by:



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