# Creamy Roasted Garlic Hummus

Plant-Based • High-Fiber • Snack or Spread

#### ☑ Ingredients (Makes about 1½ cups):

- 1 (15 oz) can chickpeas, drained and rinsed
- 1 head garlic
- ¼ cup tahini
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2–3 tablespoons cold water (to thin)
- ½ teaspoon sea salt
- 1/4 teaspoon ground cumin (optional)
- Paprika & olive oil for garnish

### Roast the Garlic:

- 1. Preheat oven to 400°F (200°C).
- 2. Slice the top off the garlic head, drizzle with olive oil, wrap in foil, and roast for 30–35 minutes. Let cool.
- 3. Squeeze out soft garlic cloves from skins.

#### **Make the Hummus:**

- 1. In a food processor, combine chickpeas, roasted garlic, tahini, lemon juice, olive oil, salt, and cumin.
- 2. Blend until creamy, adding cold water gradually to reach desired texture.

- 3. Taste and adjust salt or lemon.
- 4. Serve with a swirl of olive oil, a sprinkle of paprika, and pita chips or veggies.

## Nutritional Highlights (2 tbsp serving):

• Calories: 90

• Protein: 3g

• Fiber: 2g

• Iron: 6% DV

• Great For: Heart health, blood sugar balance, satiety

