

## Perfect Hummus

Prep Time: 5-10 minutes

Yields: 6 servings

### Ingredients:

1 can	chickpeas
¼ cup	chickpea liquid
¼ teaspoon	garlic granuals
1/3 cup	tahini
1/3 teaspoon	pink salt
2 tablespoons	olive oil
2-3	lemons, juice or the zest of ½ lemon
3	carrots
6	celery stalk
1	cucumber
1 box	gluten free crackers

### Directions:

Drain chickpeas while reserving ¼ cup of the liquid. Place all ingredients in a food processor and purée until creamy. Taste and feel free to add more salt, garlic granuals, or lemon juice or zest to your liking.

Slice vegetables into sticks for dipping.

Serve with vegetables and crackers.