Shiny Happy Carrot Hummus

Ingredients
- 2 medium carrots, peeled and sliced (about 1 cup)
- 1/4 cup water
- 2-3 cloves garlic
- 1 15-ounce can chickpeas, rinsed and drained, or 1 1/2 cups cooked chickpeas
- 2 tbsps. fresh lemon juice
- 1/2 tsp. salt, or to taste
- 1/2 tbsp. tahini
- 1/4 tsp. ground coriander
- 1/2 tsp. ginger paste (or 1/4 tsp. finely minced ginger)
- pinch cayenne
- 1/4 tsp. paprika

Instructions
1. On the stove or in the microwave, cook the carrots in the water, covered, until the carrots are just tender. (I nuked 'em for 2 1/2 minutes.) Put the carrots, water, and garlic into the food processor and puree.

2. Add the chickpeas, lemon juice, and salt to the processor and puree until smooth. At this point, you can stop and have a very simple, very light hummus. Or add the remaining ingredients and blend well. Serve as a dip, a sandwich filling, or a salad dressing.

Preparation time: 15 minute(s)
Cooking time: 5 minute(s)
Number of servings (yield): 4
Nutrition (per serving): 160 calories, 19 calories from fat, 2.3g total fat, 0mg cholesterol, 638.9mg sodium, 344.3mg potassium, 30g carbohydrates, 6.2g fiber, 2.1g sugar, 6.2g protein.