



Recipes

Snacks

Garlic Dip

Prep Time: 10 minutes

Yield: 2 servings

Ingredients:

2 cups cooked or canned garbanzo beans (BPA free)
1 tablespoon fresh lemon juice
3 cloves garlic, chopped
1/4 cup chicken or vegetable broth
3 tablespoons extra virgin olive oil
Sea salt and pepper to taste

Directions:

1. Combine all ingredients in a blender and blend until smooth.
2. Serve with sliced carrots, colorful peppers and celery.