

# Cool Ranch Hummus

(food processor or blender needed)

## Ingredients:

- 2 cans Chickpeas (garbanzo beans)
- 1/3 cup Almond Milk (or water)
- 1/4 cup Apple Cider Vinegar
- 3 T Olive Oil
- 1 T Onion Powder
- 2 t Dill
- 2 t Garlic Powder
- 1 t Salt



Directions: Drain chickpeas. Whirl all ingredients together in a blender until smooth, adding water to thin as needed to desired consistency. Serve with vegetables (carrots, celery, pepper slices, radishes, etc) or whole grain low fat crackers.



Recipe by: Beth Michaels, RD, CDE

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**Nutrition Information per serving  
(20 servings ~2 T):**

**Standard Ranch Dip (2 T)**

**Calories: 78**

**180 Calories**

**Fat: 1 grams**

**20 g Fat**

**Protein: 4 grams**

**0 g Protein**

**Carbohydrates: 13 grams**

**1 g Carbs**

**Fiber: 4 gram**

**0 g Fiber**

**Sodium: 100 mg**

**280 mg Sodium**

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