

# Hummus

An orthodontist once told me one of the reasons children have orthodontic problems is because they don't eat foods like carrots that are crunchy and hard. Carrots are nutrient rich, work your jaw, and strengthen your teeth which allows room for the teeth to come in straight.

~David Christopher

Fun dip ideas for carrot crunchers:

- Peanut butter or almond butter
- Vegan ranch
- Hummus
- Raw veggie pate'

Hummus

4 c. cooked garbanzo beans  
2 roasted red bell peppers  
Garlic- 4-6 cloves  
¼ c. lemon or lime juice  
1 T. ground cumin  
Salt to taste  
Oil (that has a high heat point such as avocado or coconut oil) as needed  
2-3 T. Olive oil  
1/2 c. soaked (overnight) sesame seeds



You will need a blender or a food processor for this.

Preheat oven to 400. Rub high heat point oil on garlic cloves (with skins on). Place those covered in oil in the oven. Bake for 15 minutes then remove from oven.

Turn oven on Broil. Cut the bell peppers in half and rub the skins of the bell peppers with high heat point oil. Broil until skins start to blacken and bubble. Remove from oven and let cool. Once they cool, skin them and discard the skin.

Drain and rinse the sesame seeds and place in a blender with enough water to make a paste. Add a Tablespoon of Olive oil to taste. Blend this up. This is Tahini.

Add all the ingredients in the blender. (If you like an additional kick of garlic, take a non-roasted, fresh garlic clove and dice it up fine. Add this to the blender as well.) Blend all of this very well.

Add more water and olive oil as needed to allow it to blend well. Salt as desired. Garnish with some red peppers, garlic, garbanzo beans, a pinch of paprika, and a sprig of green. Enjoy!

Recipe by Mary Pomeroy