



crackers

whole grain

crackers

ranch

A healthy twist on a favorite veggie dip!

1 can (16 oz) garbanzo beans (drained and rinsed)1/2 cup ranch salad dressing2 tablespoons warm water

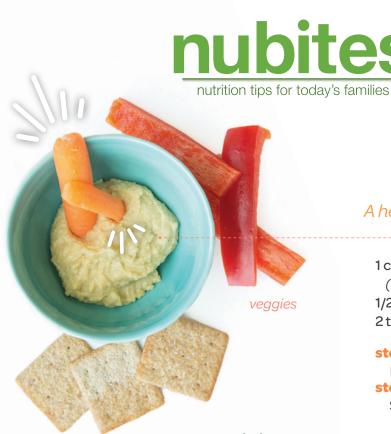
step 1 Blend ingredients in a blender or food processor until smooth.

step 2 Serve with veggies or whole grain crackers. Spread on a sandwich or tortilla.

© Nutrition Matters, Inc.
All Rights Reserved.
This tipsheet can be reproduced for educational purposes.

nutrition matters

nutrition education that matters



ranch hummus

A healthy twist on a favorite veggie dip!

1 can (16 oz) garbanzo beans (drained and rinsed)

1/2 cup ranch salad dressing 2 tablespoons warm water

step 1 Blend ingredients in a blender or food processor until smooth.

step 2 Serve with veggies or whole grain crackers. Spread on a sandwich or tortilla.

© Nutrition Matters, Inc. All Rights Reserved.

This tipsheet can be reproduced for educational purposes.