



veggies

whole grain
crackers



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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.



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