

# ranch hummus

*A healthy twist on a favorite veggie dip!*

1 can (16 oz)  
garbanzo beans  
(drained and rinsed)  
½ cup ranch  
salad dressing  
2 tablespoons  
warm water

- Blend ingredients in a blender or food processor until smooth
- Spread on a sandwich or tortilla. Serve with veggies or whole grain crackers.



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

# ranch hummus

*A healthy twist on a favorite veggie dip!*

1 can (16 oz)  
garbanzo beans  
(drained and rinsed)  
½ cup ranch  
salad dressing  
2 tablespoons  
warm water

- Blend ingredients in a blender or food processor until smooth
- Spread on a sandwich or tortilla. Serve with veggies or whole grain crackers.



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