



Garlic Chickpea Dip

4 Servings



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Ingredients:

- | | | |
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| • 3 garlic cloves | • 1 T. vegetable oil | • 1/4 tsp. pepper |
| • 1/4 c. plain low-fat yogurt | • 1/4 tsp. salt | • 1 (15.oz) can chickpeas, |
| • 1 T. lemon juice | • 1/4 tsp. paprika | drained and rinsed |

Directions:

1. Wash hands with soap and warm water. Rinse fresh herb by gently moving around in a bowl of cool water. Pat dry with a paper towel.
2. Put all ingredients into a food processor and blend until smooth. If you do not have a food processor, mash the chickpeas with a fork in a medium sized bowl, then mix in the rest of the ingredients.
3. Serve at room temperature with whole grain crackers or sliced vegetables.
4. Store leftovers in a sealed container in the refrigerator.

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