

# Grocery List

## HAPPY HUMMUS



14-oz can low-sodium or no-salt-added chickpeas ( or “garbanzo beans”)



¼ cup tahini paste



1 lemon



1 clove garlic



Fresh dill (small bunch)



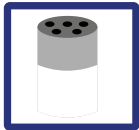
½ teaspoon ground cumin



¼ teaspoon paprika (sweet or smoked, your preference)



¼ cup olive oil



Salt



To serve: dippers (like baby carrots, baby bell peppers, cherry or grape tomatoes, cucumbers, snow peas)