

Roasted Carrot Hummus

Serves: 8-10

Ingredients

- 6 medium carrots, washed and cut into small chunks
- 5 TBSP olive oil, divided
- 2-3 whole cloves garlic, peeled
- 1 tsp sea salt
- 1 TBSP honey
- 1 ½ tsp cumin

Directions:

1. Preheat the oven to 350 degrees F.
2. In a big bowl, combine carrots, 2 TBSP olive oil, garlic, salt, honey and cumin.
3. Transfer mixture to a baking sheet lined with parchment paper or foil. Arrange in one flat layer.
4. Bake for 35-45 minutes, stirring once halfway through, until carrots are tender and beginning to brown.
5. Take carrots out of the oven and let cool for 15 minutes.
6. When mixture is cool, scrape into the bowl of a food processor (including garlic cloves)
7. Blend on high speed for 2-3 minutes, drizzling in olive oil while food processor is active, until dip is completely smooth.
8. Serve immediately with pita bread, veggies or crackers, or store in fridge up to 3 days.

