

**DOUBLE your
SNAP Dollars**
and make a delicious meal!

Hummus with Raw Veggies



Ingredients:

- 8 cups of washed raw veggies such as carrot, broccoli florets, celery sticks, cucumber slices, or slices of green pepper
- 1 (15-ounce) can garbanzo beans (chickpeas), drained and liquid saved
- 1 medium clove garlic, crushed with a garlic press or back of a knife
- 1 teaspoon lemon juice
- ¼ teaspoon salt
- 1 tablespoon vegetable oil
- 2 tablespoons creamy peanut butter (optional)
- ¼ teaspoon cumin (optional)

Instructions:

1. Before starting to prepare the recipe:
 - a. Wash the veggies, and slice them into pieces that are easy to dip.
 - b. Drain chickpeas, but save the liquid in a small bowl.
 - c. Collect, chop, and measure all ingredients.
 2. For the smoothest consistency, add garbanzo beans, garlic, lemon juice, salt, vegetable oil, peanut butter (if using), and cumin (if using) to a blender. Leave the garbanzo bean liquid aside.
 3. Blend on low speed, gradually adding the garbanzo bean liquid 1 tablespoon at a time until smooth and creamy. Alternatively, use the back of a fork to mash the beans.
 4. Serve with vegetables arranged on a plate around a bowl of the hummus.
 5. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.
- Be creative! Serve with crackers or chips or on your favorite sandwich.

Hummus Nutrition Facts: Servings: 8, Serv. size: 1/4 cup
Amount per serving: Calories 130, Total Fat 5g, Sat. Fat 1g, Trans Fat 0g, Cholest. 0mg, Sodium 95mg, Total Carb. 16g, Fiber 4g, Total Sugars 3g (Incl. 0g Added Sugars), protein 6g

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See back for details on **DOUBLING** your SNAP purchasing power!

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Get **FREE** fruits & vegetables with
DOUBLE SNAP DOLLARS
in 3 easy steps:



BUY \$1



GET \$1

1

Bring your EBT Card to the market info booth before you shop

2

Swipe EBT Card to get market tokens for SNAP-eligible foods

3

Also ask for FREE Double SNAP Dollar (DSD) tokens to spend on fruits and veggies—up to \$20!

Find all sites and learn more at DoubleDollarsMT.com

And there's more!



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Earn additional Double SNAP Dollars: \$10 coupon provided for each class you attend!

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