

CARROT HUMMUS

INGREDIENTS

1 lb	Carrots
4 tbsp	Extra virgin olive oil
1 tbsp	Honey
1 tsp	Ground cumin
1 tsp	Smoked paprika
1 tsp	Ground coriander
1 tbsp	Salt
1 tsp	Black pepper
1/4 cup	Water
1/4 cup	Chopped pistachios

DIRECTIONS

- 1** Preheat oven to 350°.
- 2** Peel and chop carrots into 1 inch pieces. Place in a bowl and toss with olive oil, honey, and spices. Transfer to small roasting pan and add ¼ cup water. Roast at 350° for 35 minutes or until fork tender.
- 3** Transfer roasted carrots into food processor. While pureeing, slowly drizzle in ¼ cup water and olive oil until smooth.
- 4** Place hummus into your most festive bowl and garnish with olive oil and pistachios. Enjoy!

