



## roasted carrot dip with chickpeas

*prep time: 10 min*

*cook time: 40 min*

*servings: 10*

### Ingredients:

- 1 pound carrots (about 3 1/2 cup sliced), peeled and sliced into 1-inch rounds
- 4 tablespoons olive oil, divided
- 2 teaspoons sea salt, divided
- 1 14-ounce can chickpeas, drain and reserve the liquid
- 1/4 - 1/2 cup liquid from the can of chickpeas (aquafaba), start with 1/4 cup and use as needed
- 1 garlic clove, peeled and smashed
- juice of 1 medium lemon
- 3/4 teaspoon smoked paprika
- 3/4 teaspoon cumin powder
- 1/2 teaspoon chilli flakes

### Directions:

1. Preheat the oven to 400F. Line a baking sheet with parchment paper. Add the carrots and toss with 2 tablespoons of olive oil and 1 teaspoon of salt. Roast until soft and beginning to caramelize, about 30 minutes, rotating the pan halfway through.
2. In a food processor, add the roasted carrots, the remaining 2 tablespoons olive oil, 1 teaspoon salt, chickpeas, chickpea liquid (aquafaba), garlic, lemon juice, paprika, cumin and chilli flakes.
3. Process on high until smooth, stopping and scrapping the sides as needed. Add additional olive oil and/or chickpea liquid (aquafaba) to reach desired consistency. Adjust the seasoning with salt and chilli flakes.
4. Serve with fresh veggies, crackers, or in a sandwich as a spread. Enjoy!

Notes: could be refrigerated in an airtight container for up to a week.