

# JESSICA'S PARSNIP HUMMUS



Gather together the following ingredients:

2 cloves garlic

2 tbsp olive oil

3 tbsp tahini

2-3 tbsp freshly squeezed lemon  
juice

2 tbsp water

1 tsp ground cumin

½ tsp salt

1½ cups skinned, chopped &  
steamed parsnips

## OPTIONAL

½ tsp smoked paprika or chili powder (if you like spice!)

Place all ingredients in a Cuisinart, blend and enjoy!!! (NOTE: tahini always separates when you store it...easiest solution is to simply dump whole container into Cuisinart and blend before you begin!). Store in an airtight container in the fridge for up to a week.

(Makes about 2 cups)