



# Linda's Recipe

## Halloween veggie fingers and dip

Halloween is not just for kids! Adults also like to have parties - ones which don't always revolve around candy. If you have a party to attend this year, here is a healthy and fun appetizer that you can create that simply screams Halloween. Have a spooky good time!

Whip up some fresh hummus and pour it into a bowl. Peel carrots and wash green beans. Using a dab of hummus for glue, stick a sliced almond on each end to look like a fingernail. Serve with a side of veggies.

### Garlic hummus

#### Ingredients:

- 1 can chick peas, drained and rinsed
- ½ cup tahini
- 3 tbsp freshly squeezed lemon juice
- 1 tsp of ground cumin
- ½ tsp sea salt
- ½ tsp pepper
- 3 garlic gloves
- 1 tbsp extra virgin olive oil
- 1/3 cup plus 2 tbsp water
- Pinch cayenne

#### Directions:

Combine ingredients in a food processor (or blender) and process into a smooth paste, adding water (one tbsp at a time) if necessary. Remains fresh refrigerated for up to six days.