

Chickpea Dip (Snack)

Approximately 10 servings (3 Tbs each)

Garbanzo Beans, rinsed & drained	2 cans (15.5 oz)
Vegetable Oil	2 Tbs
Lemon Juice	2 ½ Tbs
Dehydrated Onions	1 Tbs
Salt	1 tsp

Cooking Instructions:

1. Mash Chickpeas in a bowl until they are smooth (may use food processor or blender)
2. Add oil & lemon juice, stir to combine.
3. Add onions and salt.
4. Let sit for 1-2 hrs