



Zesty Walnut Hummus

Jacob · 29/09/2024



Prep Time

18

Difficult

Medium

Servings

18 servings

Description

An ultra nutritious dip that is easy to prepare and makes a great snack or appetizer

Ingredients

- - ½ cup walnuts
- toasted - 1 (19 ounce) can chick peas
- drained and rinsed - ¼ cup Italian salad dressing - ½ teaspoon cayenne pepper

Instructions

1. In a blender or food processor
2. puree walnuts
3. chickpeas
4. salad dressing and cayenne pepper together until smooth. Serve with vegetable sticks or pita triangles.