



Easy Healthy Carrot Dip

NIBBLEDISH CONTRIBUTOR

Ingredients

2 large carrots
2 tbsp canned chickpeas
1/4 cup water
2 tbsp lemon juice
1/2 tsp salt
1/3 tsp ground black pepper
1/4 tsp ground nutmeg

Instructions

Fill a deep saucepan with water and pour over high heat. Peel the carrots, cut the tops and slice them. When the water boil add the carrots. Cover and cook about 10 minutes until the carrots are soft. Remove from the heat and dry the carrots. Pour all the ingredients into the food processor and blend until it's creamy. Return into the saucepan and cook over high heat about a minute more. Enjoy!:)