# Roasted carrot hummus for a fall snack board

Carrot-roast and dip recipe card • Free, no signup or purchase.

## Roast the carrots

Toss 1 cup sliced carrots with 1 teaspoon oil. Roast at 400°F until tender, roughly 20–30 minutes depending on thickness, then let cool enough to blend safely.

## Blend the hummus

Blend carrots with one drained 15-ounce can chickpeas, 1 tablespoon tahini, 1 tablespoon lemon juice and 2 tablespoons water. Add water gradually and season to taste.

## Chill before serving

Transfer to a covered food-safe container and refrigerate promptly. Mark sesame and other allergens. Serve a small portion on the board and keep the refill chilled.

### Important

Use the serving-layout worksheet alongside your chosen published recipe. Check ingredients and allergens. Refrigerate perishable food promptly; for transport without refrigeration use an insulated bag and at least two cold sources. Follow the current food-safety source below. No shelf-life or health benefit is established.

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**Batch date / time**

**Ingredient amounts or substitutions**

**Allergens to identify**

**Portions / container sizes**

**Refrigeration / transport plan**

**What to change next time**

**LAYOUT / SPACING PRACTICE**