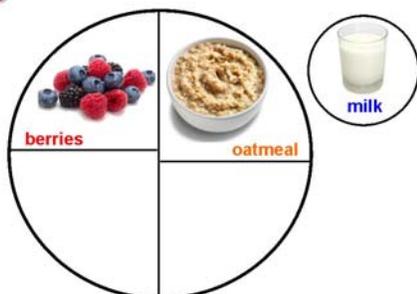
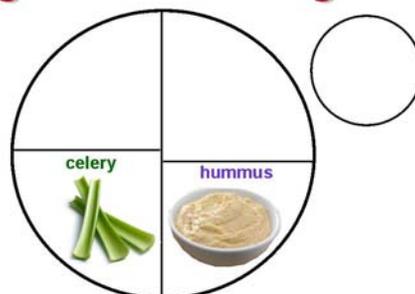




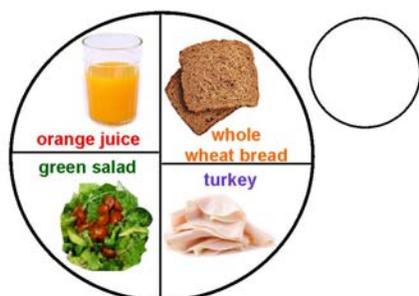
# Use MyPlate to Plan a Day of Healthy Eating



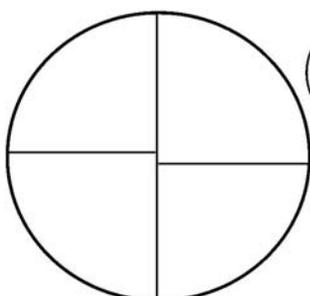
**Breakfast**



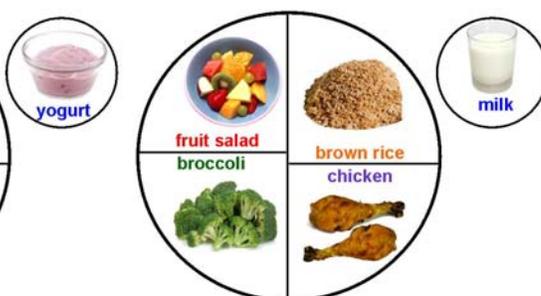
**Morning Snack**



**Lunch**



**Afternoon Snack**



**Dinner**

## Easy Hummus

*This is a quick, inexpensive, nutritious dip to make. Serve with fresh veggies and whole grain crackers or pita bread.*

### Ingredients

- 1 (15 ounce) can garbanzo beans, drained but save the liquid
- 1 clove garlic
- 2 teaspoons ground cumin
- 2 tablespoons lemon juice
- ½ teaspoon salt
- 1 tablespoon oil

### Directions

- 1. Place all ingredients except bean liquid into blender. Blend on low speed and gradually add bean liquid until desired consistency is achieved.
- 2. Cover and refrigerate.

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