SUPERGREENS! hummus



prep time:
15

featured product:
SUPERGREENS!

this SUPERGREENS! hummus recipe makes the perfect snack! tasty and packed with plant-based protein, you won't be able to resist this tasty dip. our lemon agave brings a new flavor profile to this favorite. and don't feel limited to just your traditional chickpea hummus -we'll show you how to swap the beans if you're feeling creative!

ingredients

recipe makes about 2½ cups

1 package (5 oz) **organicgirl© SUPERGREENS!**?
3 tablespoons **organicgirl© lemon agave dressing**
1 can (15 ounces) chickpeas, or beans of choice
3 tablespoons tahini
1 tablespoon lemon juice
2 garlic cloves, chopped
¾ teaspoon fine sea salt
½ teaspoon cumin

substitutions

? *substitute with* **PROTEIN GREENS**

directions

1. drain and rinse beans. use chickpeas for a classic hummus, but feel free to get creative with other beans! we used white beans – they’re smoother and have even more protein!

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2. chop SUPERGREENS! in a food processor.

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3. add beans and lemon agave dressing to food processor.

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4. add tahini, lemon juice, garlic, salt, and cumin.

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5. process until very smooth. if needed, add cold water a tablespoon at a time to achieve the desired texture. serve with crackers, pita, or fresh veggies. YUM!

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