



## 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!

[https://iloveorganicgirl.com/wp-content/uploads/2018/01/OR2020\\_Microvid\\_Hummus\\_1x1\\_1.mp4](https://iloveorganicgirl.com/wp-content/uploads/2018/01/OR2020_Microvid_Hummus_1x1_1.mp4)

2. chop SUPERGREENS! in a food processor.

[https://iloveorganicgirl.com/wp-content/uploads/2018/01/OR2020\\_Microvid\\_Hummus\\_1x1\\_2.mp4](https://iloveorganicgirl.com/wp-content/uploads/2018/01/OR2020_Microvid_Hummus_1x1_2.mp4)

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

[https://iloveorganicgirl.com/wp-content/uploads/2018/01/OR2020\\_Microvid\\_Hummus\\_1x1\\_3.mp4](https://iloveorganicgirl.com/wp-content/uploads/2018/01/OR2020_Microvid_Hummus_1x1_3.mp4)

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

[https://iloveorganicgirl.com/wp-content/uploads/2018/01/OR2020\\_Microvid\\_Hummus\\_1x1\\_4.mp4](https://iloveorganicgirl.com/wp-content/uploads/2018/01/OR2020_Microvid_Hummus_1x1_4.mp4)

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!

[https://iloveorganicgirl.com/wp-content/uploads/2018/01/OR2020\\_Microvid\\_Hummus\\_1x1\\_5.mp4](https://iloveorganicgirl.com/wp-content/uploads/2018/01/OR2020_Microvid_Hummus_1x1_5.mp4)