

SNACK OR SIDE

Hummus

Makes about 16 servings · ~¼ cup each (plus pita for serving)

SATIETY SCORE	NUTRITION
● ● ○ ○ ○ 2 / 5	HIGH
Per serving (approx.): Protein 3 g · Fiber 3 g · Calories 55	

Ingredients

- 4½ cups cooked garbanzo beans, rinsed and drained (2 15-oz cans)
- 3 garlic cloves, peeled and minced
- ¼ cup lemon juice
- 2 Tbsp tahini (sesame paste)
- 1 tsp ground cumin
- 1 tsp paprika
- ½ tsp finely grated lemon zest
- ½ tsp salt
- 4 pita breads, quartered (for serving)

Directions

1. Combine the beans, garlic, lemon juice, tahini, cumin, paprika, lemon zest, and salt in a food processor or blender.
2. Process until smooth.
3. Serve with the pita bread or fresh vegetables.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the Body for God Cookbook by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

Hummus

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 3 garlic cloves
- ☐ 2 lemons (for about ¼ cup juice)
- ☐ 1 lemon (for zest)

BAKERY & GRAINS

- ☐ 4 pita breads

PANTRY & DRY GOODS

- ☐ 4⅔ cups cooked garbanzo beans (2 15-oz cans)
- ☐ 2 Tbsp tahini (sesame paste)

CHECK YOUR PANTRY

- ☐ Cumin
- ☐ Paprika
- ☐ Salt