

SNACK OR SIDE

Hummus

Makes 10 servings · about 2 Tbsp each

SATIETY SCORE	NUTRITION
● ● ○ ○ ○ 2 / 5	HIGH
Per serving (approx.): Protein 3 g · Fiber 3 g · Calories 80	

Ingredients

- 1 small can chickpeas (garbanzo beans)
- ½ cup unsalted tahini
- ½ cup lemon juice, more or less to taste
- 1½ tsp Himalayan salt
- 1 clove garlic, to taste
- ¼ tsp cumin

Directions

1. Combine all ingredients in a food processor and blend until smooth.
2. Transfer to a bowl and sprinkle with paprika.

Note: Enjoy with fresh vegetables.

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

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

GROCERY LIST

Hummus

Makes 10 servings · about 2 Tbsp each

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

PRODUCE

- ☐ 3 lemons (for about ½ cup juice)
- ☐ 1 clove garlic

PANTRY & DRY GOODS

- ☐ 1 small can chickpeas (garbanzo beans)
- ☐ ⅓ cup unsalted tahini

CHECK YOUR PANTRY

- ☐ Salt
- ☐ Cumin