

COOKING FOR WELLNESS

Mason Jar Snacks

Homemade Hummus

- 1 can chickpeas
- 1/3 cup + 1 TBSP tahini
- 3 tbsp extra virgin olive oil plus more for drizzling on top
- 3 tbsp lemon juice
- 1 tbsp hemp seeds
- 3 tbsp water feel free to add a tablespoon or two more to thin
- 3 cloves garlic or 1 tsp garlic powder
- 1/2 tsp cumin
- 1/4 tsp paprika
- 1/2 tsp salt plus more to taste
- 1/2 tsp cracked pepper



Instructions:

1. Combine all ingredients in a blender until completely smooth. Taste and add additional seasons to your liking.

Build your snack:

Take about ¼ c of hummus at the bottom of the jar.

Place cut veggies at the bottom of the jar. Consider carrots, cucumber, celery, and red/yellow pepper. You can also consider saving an applesauce or fruit container and use it to hold your hummus at the top of the mason jar.

Hummus Nutrition Facts:

~120 calories, 12 gm carb, 3 gm fiber, 4 gm protein

Recipe from: <https://dadaeats.com/vegan-homemade-hemp-seed-hummus/>



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<https://www.cancersupportohio.org/programs-and-services/cooking-for-wellness-recipe-archives?hsLang=en>
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