

Hummus



INGREDIENTS

- 1 (19 oz.) can garbanzo beans (chickpeas), drained
- 4 Tbsp. lemon juice
- 2 Tbsp. tahini
- 1 clove garlic
- 1 tsp. salt
- Black pepper to taste
- 2 Tbsp. olive oil
- ½ tsp. ground cumin, optional
- 4-5 Tbsp. water



NUTRITION FACTS

6 servings
 Calories: 108
 Fat: 8 g
 Sodium: 470 mg
 Total Carbohydrate: 9 g
 Dietary fiber: 2 g
 Protein: 3 g

DIRECTIONS

1. Place tahini and lemon juice in food processor or blender and process for about 1 minute.
2. Add garlic and blend until well chopped.
3. Add pepper, salt, cumin, olive oil and beans with half the liquid into the blender. Process/ blend until well mixed and creamy.
4. To reach optimal creamy consistency, add 1 Tbsp. water at a time and blend until desired thickness and creaminess is achieved.
5. Serve with pita, whole grain crackers or raw veggies for dipping!

NOTE: If you don't have tahini on hand, you can make a chickpea puree with 1 Tbsp. of extra olive oil. It won't have the same nutty flavor of typical hummus but is still delicious.

Quick and Healthy Banana Split



INGREDIENTS

- 1 small banana
- ½ cup low fat vanilla yogurt
*use non-dairy yogurt
- 1 Tbsp. low fat granola or chopped nuts
- ½ cup fresh blueberries/strawberries or raspberries

DIRECTIONS

1. Cut banana in half lengthwise and place in shallow bowl.
2. Spoon yogurt between banana halves.
3. Top yogurt with granola and berries.

NUTRITION FACTS

1 serving
 Calories: 259 Total Carbohydrate: 55 g
 Fat: 24 g Dietary fiber: 5 g
 Sodium: 97 mg Protein: 8 g