

## Homemade Hummus:

Eat with carrots, cucumbers, homemade naan bread, or homemade tortillas.

### Ingredients

- ¼ cup lemon juice
- 1 tablespoon minced garlic
- 15 oz drained Garbanzo beans (Chickpeas)
- ½ teaspoon salt
- 1 teaspoon ground cumin
- ¼ cup tahini
- ¼ cup olive oil
- Salt and pepper to taste

Blend until smooth in a blender!

\*Recipe is modified from the following source:

Hannemann, Andrea. *Plant Over Processed: 75 Simple & Delicious Plant-Based Recipes For Nourishing Your Body And Eating From The Earth*. New York, USA: HarperCollins, 2021.

## Healthy Smoothie

- 1 frozen banana
- 1 cup frozen pineapple & mango mix
- 1 large handful fresh spinach
- 2 cups plant based milk (add more or less depending on your preferred thickness)
- Optional (vanilla whey powder)

Blend until smooth & enjoy!