

LEMONY SPINACH HUMMUS



Serving Size: 1/4 cup hummus

Ingredients

- 15oz can chickpeas, drained & rinsed
- 2 Tbsp water
- ¼ cup fresh lemon juice
- 2 Tbsp olive oil (other options: tahini, sunflower or other seed butter, sesame oil, cashew or other nut butter, Greek yogurt/sour cream)
- 1/8 tsp garlic powder
- ½ tsp sea salt
- Ground black pepper to taste
- ¼ cup fresh parsley leaves, washed
- 1 ½ cups fresh spinach leaves, washed



Scan to find more recipes on our YouTube channel!



Nutrition Facts	
1 servings per container	
Serving Size	1 Serving (73g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vit. D 0mcg 0%	Calcium 30mg 2%
Iron 0.9mg 6%	Potas. 120mg 2%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition.</small>	



Preparation



follow us! @thenutritionclub_of_chp

- Place chickpeas, water, lemon juice, olive oil, garlic powder, salt, pepper, and parsley in a food processor or blender and process until smooth.
- Add in the spinach and continue to blend/process until smooth.
- Enjoy as a dip with veggies or whole grain crackers, as an alternative to mayo on a sandwich, or as a component of our vegan chickpea salad!

VEGAN CHICKPEA SALAD

Serving Size: 1/2 cup salad



Ingredients

- 1 15-oz can chickpeas, drained & rinsed
- ½ cup spinach hummus (see recipe)
- 1 celery stalk, washed & chopped finely
- 1 carrot, washed, peeled, & shredded
- ½ cucumber, washed, peeled & chopped finely
- Sea salt & ground black pepper to taste



Scan to find more recipes on our YouTube channel!



Nutrition Facts	
1 servings per container	
Serving Size	1 Serving (172g)
Amount Per Serving	
Calories	150
% Daily Value *	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vit. D 0mcg 0%	Calcium 50mg 4%
Iron 1.5mg 8%	Potas. 280mg 6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



VEGETARIAN



VEGAN



GLUTEN FREE

Preparation



follow us! @thenutritionclub_of_chp

- Place chickpeas in a medium-sized bowl & mash with a fork.
- Add in hummus, celery, carrot, cucumber, lemon juice, and salt and pepper. Use the fork to combine all of the ingredients.
- Serve atop toast or crackers or over a bed of thinly sliced cabbage or lettuce to power up your sandwich or salad with extra plant protein and fiber. Enjoy!

HUMMUS DE ESPINACAS CON LIMÓN

Tamaño de la porción: 1/4 taza de hummus

Ingredientes

- 15 oz de garbanzos en lata, escurridos y enjuagados
- 2 cucharadas de agua
- 1/4 taza de jugo de limón fresco
- 2 cucharadas de aceite de oliva (otras opciones: tahini, girasol u otra mantequilla de semillas, aceite de sésamo, anacardo u otra mantequilla de nueces, yogur griego / crema agria)
- 1/8 cucharadita de ajo en polvo
- 1/2 cucharadita de sal marina
- Pimienta negra molida al gusto
- 1/4 taza de hojas de perejil fresco, lavadas
- 1 1/2 tazas de hojas frescas de espinaca, lavadas



¡Escanea para encontrar más recetas en nuestro canal de YouTube!



Nutrition Facts	
1 servings per container	
Serving Size	1 Serving (73g)
Amount Per Serving	
Calories	80
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vit. D 0mcg 0%	Calcium 30mg 2%
Iron 0.9mg 6%	Potas. 120mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition.



Preparación



¡Síguenos!
@thenutritionclub_of_chp

- Coloque los garbanzos, el agua, el jugo de limón, el aceite de oliva, el ajo en polvo, la sal, la pimienta y el perejil en un procesador de alimentos o licuadora y procese hasta que quede suave.
- Agregue las espinacas y continúe mezclando / procesando hasta que quede suave.
- ¡Disfrútalo como salsa con verduras o galletas integrales, como alternativa a la mayonesa en un sándwich o como componente de nuestra ensalada vegana de garbanzos!

ENSALADA VEGANA DE GARBANZOS

Tamaño de la porción: 1/2 taza de ensalada



Ingredientes

- 1 lata de garbanzos de 15 oz, escurridos y enjuagados
- 1/2 taza de hummus de espinacas (ver receta)
- 1 tallo de apio, lavado y picado finamente
- 1 zanahoria, lavada, pelada y triturada
- 1/2 pepino, lavado, pelado y picado finamente
- Sal marina y pimienta negra molida al gusto



¡Escanea para encontrar más recetas en nuestro canal de YouTube!



Nutrition Facts	
1 servings per container	
Serving Size	1 Serving (172g)
Amount Per Serving	
Calories	150
* % Daily Value *	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 18g	7%
Dietary Fiber 6g	21%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vit. D 0mcg 0%	Calcium 50mg 4%
Iron 1.5mg 8%	Potas. 280mg 6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



VEGETARIAN



VEGAN



GLUTEN FREE

Preparación



¡Síguenos! @thenutritionclub_of_chp

- Coloque los garbanzos en un tazón mediano y triture con un tenedor.
 - Agregue hummus, apio, zanahoria, pepino, jugo de limón y sal y pimienta. Usa el tenedor para combinar todos los ingredientes.
 - Sirva encima de tostadas o galletas saladas o sobre una cama de repollo o lechuga en rodajas finas para potenciar su sándwich o ensalada con proteína vegetal adicional y fibra.
- ¡Disfrutar!