



PROTEIN HUMMUS

INGREDIENTS:

- 1 15 oz can of chickpeas
- 3 tbsp hemp seeds
- 2 tbsp lemon juice
- 1/4 tsp salt

DIRECTIONS:

1. Drain the can of chickpeas
 2. Add all ingredients to a single serve blender and blend on HIGH until smooth
- Enjoy!



Makes 5 Servings | 1 Serving = 1/4 cup
Calories: 107 | Protein: 6 g | Carb: 13 g | Fat: 4 g | Fiber: 4 g