



Quick Hummus

Hummus is great for a high fiber, higher protein snack. I also use it as a spread on sandwiches. Hummus is super easy and super inexpensive to make. It only takes about 5 min and will keep in your fridge for at least a week.

- 1 can garbanzo beans (drained and rinsed)
- 1 clove of garlic
- 1 tbsp. of sesame oil or tahini
- 1/4-/1/2 c. olive oil (based on thickness preference)
- Lemon juice (add to taste)
- Sea salt and pepper (again to taste)
- Optional add-ins: hot sauce, roasted red pepper, cilantro

Place all ingredients in blender/food processor and blend until smooth. Enjoy!



SPORTS | STRENGTH | STAMINA