

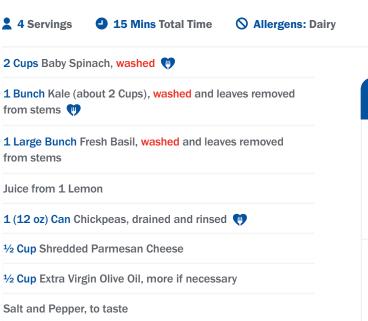
Side

Herb Hummus





Ingredients



Allergen Swap

Dairy Omit the cheese and replace with nutritional yeast

Nourishment Note



Chickpeas

Chickpeas are a plant-based protein source. They provide fiber to help keep you full, help with digestion and may help reduce inflammation.



🖤 Kale

Kale is rich in many nutrients including vitamin A, vitamin C and calcium. Kale may also help to reduce inflammation.



🖤 Spinach

Spinach is a nutrient powerhouse. It's packed with antioxidants to help reduce inflammation associated with lupus. It also contains nutrients and vitamins that may help lower the risk of heart disease.



Instructions

1. Wash Hands

Wash hands with soap and water.

2. Combine in a Blender

To a blender or food processor, combine all of the ingredients except the olive oil and the salt and pepper.

3. Add Olive Oil

Blend on high. Drizzle in the olive oil, while blending. Stop the blender or food processor and scrape the sides of the container down, if necessary. Continue blending, adding more olive oil if necessary, until the mixture is smooth and spreadable, but not runny.

4. Season

Mix in salt and pepper to taste.

5. Enjoy in Many Ways

Enjoy on pizza, pasta, sandwiches, burger, fish or chicken.

6. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy Registered Dietitians

What You'll Need

	Food Processor or Blender
	Measuring Cups
	Cutting Board or Knife
D	Rubber Scrapper
	Can Opener
<u>ال</u>	Colander

Fatigue Buster

- Use baby kale instead of fresh kale on the stem.
- Use bottled lemon juice.