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!