

HEALTH

EATING @home

Loaded Hummus Recipe

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Make your favourite hummus recipe OR use store bought hummus.

Spread the hummus onto a serving platter and top with any or all of the following toppings (or create your own combination)! Either way, you will love this recipe!

- feta cheese (or omit for vegan)
- kalamata olives
- green olives
- roasted red peppers (diced)
- tomatoes (diced or cut into wedges)
- chopped fresh parsley or basil
- whole chickpeas
- smoked paprika

Top with a drizzle extra virgin olive oil and serve with an assortment of pita wedges, crostini and crackers.

Enjoy!