

**WHY
ACT
NOW**

HUMMUS & VEGGIES



Ingredients

- 1/2 cup hummus, home prepared
- 8 baby carrots
- 1 celery stalk, large

Directions

Cut celery stalk in half and then into smaller lengths. Dip carrots and celery into hummus. Try various hummus flavours! *Makes 1 serving.*

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 256	Calories from Fat 110
% Daily Values*	
Total Fat 11g	17%
Saturated Fat 1g	5%
Trans Fat 0g	
Sodium 411mg	17%
Total Carbohydrate 33g	11%
Dietary Fiber 8g	32%
Sugars 5g	
Protein 7g	14%

*Percent Daily Values are based on a 2,000 calorie diet.

Hummus is made from chickpeas which are loaded with fiber and protein! It's a snack that will keep you feeling fuller for longer!