



Hummus Dippers

2 servings
15 minutes

Ingredients

- 1/2 Yellow Bell Pepper
- 1/2 Carrot
- 2 stalks Celery
- 1/2 cup Hummus

Nutrition

Amount per serving	
Calories	170
Fat	11g
Saturated	2g
Carbs	15g
Fiber	5g
Sugar	2g
Protein	6g
Cholesterol	0mg
Sodium	305mg

Directions

- 1 Slice your pepper, carrot and celery into sticks.
- 2 Line up 4 small mason jars (we like to use size 250 ml). Fill the bottom of each with ¼ cup hummus. Then place the veggie sticks into the hummus so that they are standing vertically. Seal the jar and place in the fridge until ready to eat.

Notes

Homemade: Make your own hummus! Check out our Easy Hummus DIP recipe at mipstick.com/easy-hummus-dip/

Mix it Up: Substitute in different veggies like cucumber or zucchini.