



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
Carbs	15g
Fiber	5g
Sugar	2g
Protein	6g

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

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