

Helping you live more!™



www.jilltiffany.com

Jill Tiffany, CN, CPT

Nutritionist & Trainer

612.466.0024



Hummus

(Blend all ingredients till smooth.)

- 1-16oz can of chickpeas, drained
- ¼ cup water
- 2 Tbsp. lemon juice
- 1 ½ Tbsp. tahini (ground sesame seeds)
- 2 cloves garlic, crushed
- ½ t. sea salt
- 2 Tbsp. olive oil



Great as a dip for veggies and tortilla chips or as a spread!

Helping you live more!™

www.jilltiffany.com