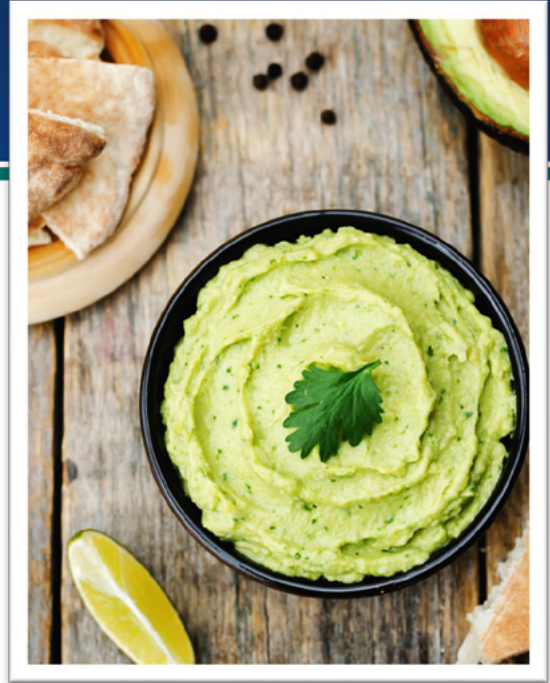


Green Hummus



Makes approximately 10 Servings

Ingredients:

- 1 cup spinach
- ½ avocado
- 2 Tbsp. parmesan cheese
- 2 cloves garlic
- ½ tsp salt
- 1 ½ Tbsp. lemon juice
- 1 can Great Northern beans/white beans

Directions:

1. In a food processor, pulse spinach until mostly pureed.
2. Add avocado, parmesan, garlic, salt and lemon juice. Pulse until combined and pureed.
3. Rinse and drain 1 can of northern beans. Add to the food processor and pulse until the entire mixture is well pureed, scraping the sides as needed. Add a little extra water if necessary.
4. Refrigerate a few hours before serving.

Nutritional Facts Per 2 Tbsp. Serving:

Calories: 83 • Fat: 3g • Sodium: 33mg
Carbohydrates: 11g • Dietary Fiber: 2g
Protein: 4.2g

Source: Superhealthykids.com