



QUINOA HUMMUS

QUICK INFORMATION

TIME



30 MIN

SERVES



7

CALORIES



96

GLUTEN FREE



RECIPE

VEGETARIAN



RECIPE

INGREDIENTS

- 1 cup cooked Lundberg Tri-Color Quinoa Blend
- 1/4 cup roasted and salted pumpkin seeds
- 1/4 cup tahini
- 2 Tbsp. olive oil
- 2 Tbsp. lemon juice
- 1 clove garlic
- 1/4 tsp. salt
- 1/4 cup water

NUTRITIONAL FACTS

Serving Size: 1/4 cup

AMOUNT PER SERVING

Calories 96 Calories from Fat

Total Fat 9.5g
Saturated fat 1.5g

Cholesterol 0mg

Sodium 107mg

Carbohydrates 9g
Fiber 1.5g
Sugar .5g

Protein 3g

PREPARATION

Cook Lundberg Tri-Color Quinoa Blend according to package instructions.

In a food processor, combine quinoa, pumpkin seeds, tahini, lemon juice, garlic and salt.

Process on high while slowly adding olive oil and then water.

Continue to process on high until humus is smooth and creamy. Add additional water 1 tbsp at a time if the mixture is too thick.

Serve with crackers, pitas and/or sliced vegetables.