

Green Goddess Detox Hummus

Sneak in some extra nutrients to energize your day with this delicious Green Goddess Detox Hummus.

This recipe features **CanPrev's Green Up! with GRAMS** to boost your nutrition by combining the raw power of greens, red fruits and superfoods with a potent dose of immune-boosting mushrooms and fatigue-fighting adaptogenic herbs. Enjoy as a spread, dip, or dressing with fresh veggies, crackers, salads and pasta for a flavourful way to diversify your nutrition.



Preparation time: 5 mins | Servings: 5



Ingredients

- 1 can chickpeas, drained and rinsed
- ⅓ cup tahini
- 3 tbsp olive oil
- 1 handful of fresh cilantro, chopped
- 1 tbsp maple syrup
- Salt to taste
- 1 scoop Green Up! with GRAMS

Method

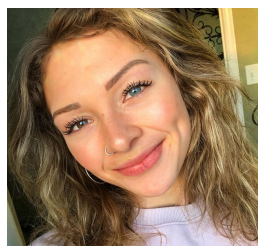
1. Add all ingredients to a food processor, and blend on high until smooth.
2. Enjoy with fresh veggies, crackers, salads and pasta for a nutritional boost!

Storage Instructions: Store in an airtight container in the fridge for up to 1 week.

Featured Products



Developed by: Nicole Bowman



As a fitness and health enthusiast, Nicole combines her background in Human Nutrition with her passion for cooking to create delicious treats with functional benefits.

