

Soy hummus

In this unique version of hummus, traditional sesame seed tahini is replaced with the equally “nutty” taste of soy butter. Using soy butter makes this snack school-safe for classrooms where nuts and seeds are restricted.

Yield: 5 servings
Prep time: 5 minutes
Cook time: 5 minutes

Ingredients

- 19 oz can no-salt-added chickpeas, drained
- 1/4 cup silken tofu
- 1/4 cup fresh lemon juice
- 2 tbsp soy butter (such as Wowbutter)
- 1 tbsp extra virgin olive oil
- 2 tsp ground cumin
- 1 clove garlic, minced
- 1/4 tsp freshly ground black pepper

Directions

1. In a food processor, add chickpeas, tofu, lemon juice, soy butter, oil, cumin, and garlic.
2. Process until smooth.
3. Add pepper, adjusting to taste.
4. Serve with raw vegetables or whole grain crackers for dipping.

GrainFact:

Ontario farmers grow 57% of
Canada's soybeans on approximately
3 million acres.



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