

RECIPE



Elevate your classic hummus with this Protein-Packed Hummus recipe! Combining the creamy goodness of chickpeas, tahini, and olive oil with the added benefits of bone broth protein, this dish is a perfect balance of flavor and nutrition. Bursting with plant-based protein, collagen, and heart-healthy fats, it's a wholesome snack or appetizer that supports digestion, immunity, and overall vitality. Garnished with olive oil and a sprinkle of sweet paprika, it's as delicious as it is nourishing!

Protein Packed Hummus

Ingredients

13 oz. cooked chickpeas (with a bit of its liquid)

2 Tbsp. olive oil

3 Tbsp. lemon juice

2 Tbsp. tahini paste

½ tsp. sea salt

1 big garlic clove

¼ tsp. white ground pepper

¼ tsp. mediterranean spices or cumin (optional)

3 Tbsp. bone broth protein powder

Garnish: olive oil and sweet paprika

Instructions

In a blender, combine all the ingredients for the hummus and blend until the mixture is completely smooth. Transfer to a serving plate and garnish with a drizzle of olive oil and a sprinkle of sweet paprika.

Yours to Artful Eating,

Patricia Shani

C H E F



IG @Chef4us1

Site chef4us.wixsite.com/chef4us

Mail patricia@chef4us.com

Cel +1 954 913 0880

RECIPE



Tips:

- Store in the refrigerator for up to 5 days.
- For a thicker consistency, use less of the chickpea liquid.
- You can use pre-cooked, store-bought chickpeas for convenience.
- Enjoy hummus as a spread, a side dish, or paired with fresh vegetables.

Health Benefits of this Dish

- Chickpeas: High in plant-based protein, fiber, and essential nutrients like iron and magnesium for energy and digestion.
- Olive Oil: Provides heart-healthy fats and antioxidants to reduce inflammation.
- Lemon Juice: Boosts immunity with vitamin C and aids digestion.
- Tahini: Rich in healthy fats and calcium, supporting bone and heart health.
- Bone Broth Protein: Collagen-rich for joint, skin, and gut health while aiding muscle recovery.
- Garlic: Strengthens immunity and supports heart health.
- Spices and Garnishes: Add anti-inflammatory benefits and enhance flavor.

Yours to Artful Eating,

Patricia Shani

C H E F



IG @Chef4us1

Site chef4us.wixsite.com/chef4us

Mail patricia@chef4us.com

Cel +1 954 913 0880