

Edamame Hummus

Give It
A Try

Looking to switch up your hummus game? Give this edamame hummus a try – it's packed with protein and fibre, so it's a great filling snack to have with pita and veggies or it can be used as a spread in sandwiches and wraps.



Did You Know?

In Japanese, edamame literally means "stem beans" (eda = "branch" or "stem" + mame = "bean"), referring to the beans being sold with their stems still attached.



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Chicken and Avocado Roll



Serves 9 ($\frac{1}{4}$ cup per serving)



Ingredients:

- 3 cups shelled edamame beans
- $\frac{1}{2}$ cup tahini
- 2 cloves garlic
- $\frac{1}{2}$ tsp paprika
- 1 tbsp lemon juice
- $\frac{1}{2}$ tsp salt
- $\frac{1}{3}$ - $\frac{1}{2}$ cup water

Preparation:

1. Cook edamame beans in boiling water according to package directions. Drain and allow to cool fully.
2. Transfer edamame beans to a food processor. Add remaining ingredients.
3. Pulse to blend ingredients evenly. Add water to adjust consistency as desired.
4. Blend well, serve, and enjoy!
5. 2 – 3 minutes.
6. Serve and enjoy!

Nutritional analysis per serving: 148 calories, 9 g fat, 8 g protein, 9 g carbohydrate (5 g available carbohydrate), 4 g fibre, 167 mg sodium

My Viva Servings: 1 protein, 1 fat

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