



## EDAMAME HUMMUS



Servings: 6

### Ingredients:

- 3 tbsp tahini
- 1/4 cup fresh lemon or lime juice
- 2 tbsp olive oil
- 1 small clove garlic chopped
- 2 cups shelled edamame (green soybeans) (12 oz.) thawed if frozen
- 1/4 tsp ground cumin
- 1/4 tsp ground paprika
- 1/2 tsp salt (or to taste)
- 1/3 cup warm water

### Instructions

1. Add the tahini, fresh lemon or lime juice, olive oil, and garlic to a food processor. Blend until somewhat smooth, scraping down the sides as necessary.
2. Add the edamame, cumin, paprika, and salt to the blender. Process while slowly adding the warm water. Blend the edamame hummus until smooth, adding even more water if a less thick texture is desired.
3. Season to taste with salt, pepper, and additional lemon juice as desired. Let cool completely before refrigerating. Leftovers keep for up to 1 week in the fridge.

This works great as a dip with crackers, raw veggies and also can be used as a spread on gluten free wraps or sandwiches.

### Nutrition Information (per serving)

Calories: 152 kcal | Carbohydrates: 8g | Protein: 7g | Fat: 11g | Saturated Fat: 1g | Monounsaturated Fat: 3g | Sodium: 341mg | Potassium: 13mg | Fiber: 3g | Sugar: 1g | Vitamin A: 350IU | Vitamin C: 10.7mg | Calcium: 50mg | Iron: 1.4mg

Recipe adapted from: [yupitsvegan.com/edamame-hummus](http://yupitsvegan.com/edamame-hummus)

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