

High-Protein Edamame Hummus

Web Recipe · Snack · GF

140 cal · 10g protein · 9g carbs · 8g fat · 8 servings

Ingredients

- 2 cups shelled edamame
 - 1/4 cup tahini
 - 3 tbsp fresh lemon juice
 - 2 tbsp olive oil
 - 2 cloves garlic
 - 1/2 tsp cumin
 - 1/2 tsp salt
 - 3-5 tbsp cold water
-

Instructions

1. Cook shelled edamame according to package directions. Drain and let cool slightly.
 2. Add edamame, tahini, lemon juice, olive oil, garlic, cumin, and salt to a food processor.
 3. Process until smooth, scraping down the sides as needed.
 4. Add cold water 1 tablespoon at a time to reach desired consistency.
 5. Transfer to a bowl. Garnish with a drizzle of olive oil, sesame seeds, and smoked paprika.
 6. Serve with raw vegetables or whole grain crackers. Stores in the fridge for up to 5 days.
-

Generated by Meal Planner · Per serving macros