

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