



Hummus Recipes (Paperback)

By Laura Sommers

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 73 Hummus Recipes in This Cookbook! Hummus is a traditional food from the Middle East made from mashed chickpeas or other beans and then blended with olive oil, tahini or other ingredients. It is tasty and healthy. People eat it as a dip or as a spread. Hummus is sold in many stores, but the varieties are limited and the ingredients may be questionable. This cookbook contains tons of hummus recipes made from fresh quality ingredients in many varieties so that you will never be bored. Enjoy! Recipes Include: Classic Hummus Spicy Hummus Sweet Roasted Red Pepper Hummus Pumpkin Hummus Cilantro Edamame Hummus Basil and Pesto Hummus Jalapeno Hummus Pumpkin Hummus Cucumber Hummus Cauliflower Hummus Cilantro Jalapeno Hummus Cookie Dough Hummus Five Pepper Hummus Spicy Three Pepper Hummus Spinach Artichoke Hummus Creamy Yogurt Hummus Black Bean Hummus Tofu Hummus Zucchini Hummus Sesame Seed Oil Hummus Smoked Hummus Lentil Hummus Wine Hummus Kidney Bean Hemp Hummus Garlic Lemon Hummus Fusion Hummus Sweet Potato Peanut Butter Hummus Sweet Potato Hummus Lima Bean Hummus Hot Wing Hummus Artichoke Jalapeno Hummus Dip Thai Curry Hummus...



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