

Recipes

Here's an easy-to-make recipe for a snack. You can prepare it ahead of time, so it will be ready to eat when you need it.

High-Calorie Hummus

Ingredients

- 2 cups cooked or canned chickpeas (also called garbanzo beans)
- 4-5 tablespoons of high-fat Greek yogurt
- 1 tablespoon tahini
- Juice of half a lemon (lemon juice okay too)
- Scant teaspoon of ground cumin
- 2 cloves garlic
- Salt and pepper



Directions

1. Combine all ingredients and blend well.
2. Taste as you go! You can add more of any of the ingredients if it doesn't taste right to you—just be careful with the salt.
3. Blend as long as you like. Some people like it chunky, some people like it smooth.
4. Season with salt and pepper to taste.

Source: www.cff.org/PDF-Archive/This-Eating-Stuff-is-Hard-Work!-Recipe-Book/

Calories per serving ($\frac{1}{4}$ cup): 385 | Fat: 8 g

Carbohydrates: 58 g | Protein: 23 g

