

# INTERNATIONAL HUMMUS DAY

*May 13th*



Northern  
Pulse Growers  
Association



## HUMMUS

— An ancient recipe straight from the Middle East. It is a combination of chickpeas and other ingredients pureed into a paste and used as a dip or spread.



Most important part of the day: eat hummus. You can eat it for breakfast, on a sandwich at lunch, and as an appetizer before dinner.

Hummus is available at most grocery stores in the United States made by several different companies, or you can make your own. There are several different kinds of hummus, depending on your taste buds, try one below:

- [Plain Hummus](#)
- [Red Pepper Hummus](#)
- [Spicy Hummus](#)
- [Garlic Hummus](#)
- [Peanut Butter Chocolate Chip Hummus](#)
- [Apple Spice Hummus](#)

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