

Seracal Hummus



Makes: 2 servings

Each serving contains $\frac{1}{2}$ serving of Seracal



Ingredients:

1 serving of Seracal
($\frac{1}{4}$ cup or 13.5 grams)

$\frac{1}{2}$ cup of your favorite hummus, store-bought or homemade

For extra flavor, mix-in any combination of $\frac{1}{4}$ teaspoon cumin, a pinch minced garlic and/or 1 tablespoon almond butter

Optional recommended toppings: paprika, smoked salt, extra virgin olive oil, sesame seeds, nuts or seeds

Instructions:

1. Mix hummus, Seracal, and any other mix-ins.
2. Separate into 2 servings, serve one for now, refrigerate the other for later.
3. To serve, add toppings and enjoy with crackers, bread, or veggies.