



HUMMUS & VEGGIE SNACK PACK

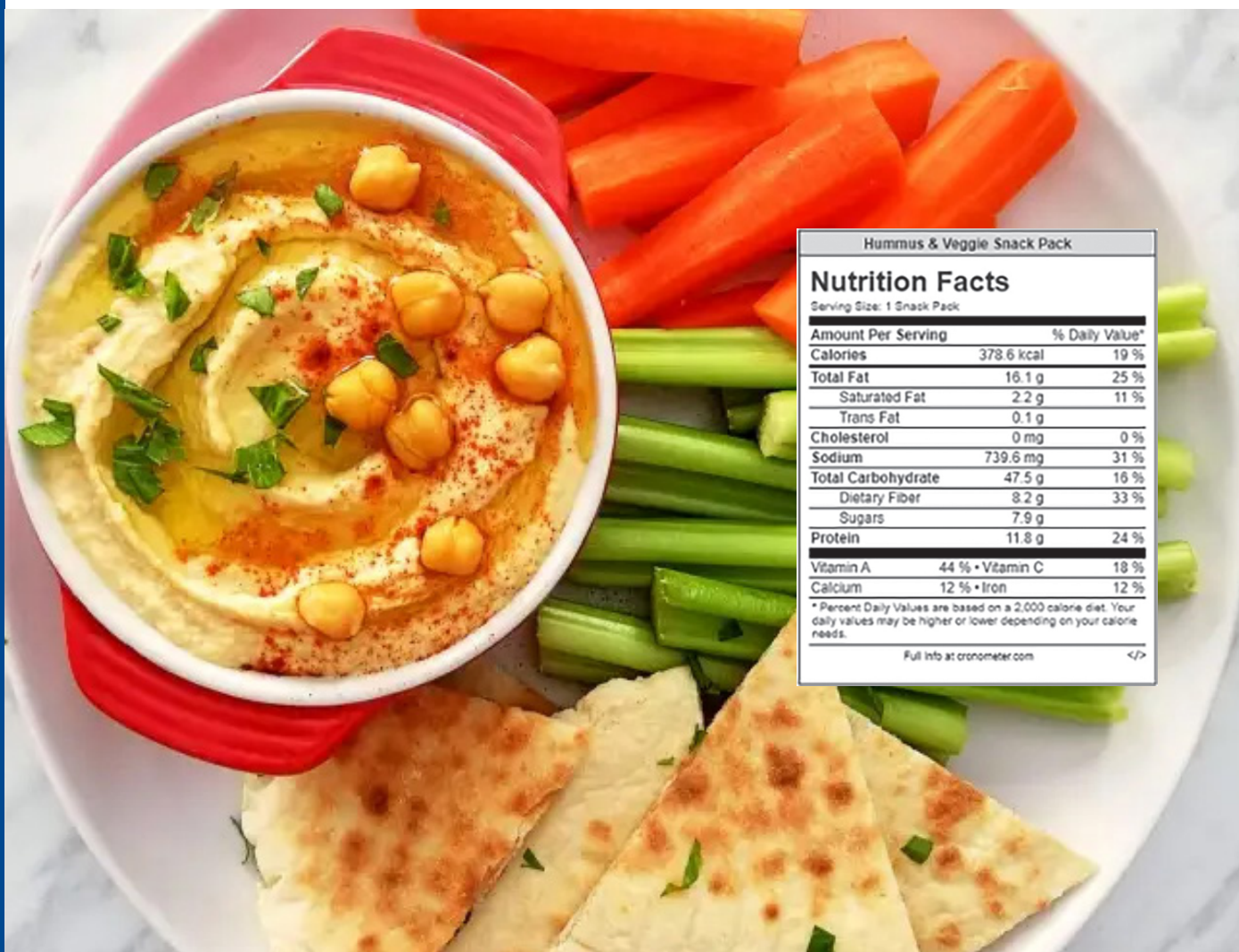
INGREDIENTS

- ¼ cup Tiger Cafe Hummus (see recipe)
- ½ whole grain pita
- 2 ribs celery, cut into sticks
- 1–2 carrots, cut into sticks (or baby carrots)



DIRECTIONS

Measure out vegetables and hummus. Serve with half of a pita. Enjoy!



Hummus & Veggie Snack Pack		
Nutrition Facts		
Serving Size: 1 Snack Pack		
Amount Per Serving	% Daily Value*	
Calories	378.6 kcal	19 %
Total Fat	16.1 g	25 %
Saturated Fat	2.2 g	11 %
Trans Fat	0.1 g	
Cholesterol	0 mg	0 %
Sodium	739.6 mg	31 %
Total Carbohydrate	47.5 g	16 %
Dietary Fiber	8.2 g	33 %
Sugars	7.9 g	
Protein	11.8 g	24 %
Vitamin A	44 %	Vitamin C 18 %
Calcium	12 %	Iron 12 %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
Full info at: cronometer.com		</>