

Cucumber Hummus Bites

3 ingredients · 10 minutes · 4 servings



Directions

1. Slice cucumber into 1/4-inch thick rounds.
2. Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

Notes

More Flavour

Top each cucumber hummus bite with a pitted olive, chopped roasted red pepper, some roasted garlic or spicy red pepper flakes.

Ingredients

- 1 Cucumber (large)
- 1 cup Hummus
- 1/2 tsp Black Pepper

Nutrition

Amount per serving

Calories	158	Cholesterol	0mg
Fat	11g	Sodium	264mg
Carbs	12g	Vitamin A	95IU
Fiber	4g	Vitamin C	2mg
Sugar	2g	Calcium	42mg
Protein	5g	Iron	2mg