



Dr. Laleh's Simply Dip

Ingredients

Amount

Garlic Lover's Hummus- Cedar's	½ a container (~8 TBS)
Organic Mild Salsa	1 C (~ 10 TBS)

Preparation:

- Mix hummus and salsa in a large bowl
- Use as dip OR tuna/chicken/ turkey salad dressing

Nutrition Facts

Servings 4.0

Amount Per Serving

calories 53

% Daily Value *

Total Fat 2 g	2 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 250 mg	10 %
Potassium 0 mg	0 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 1 g	4 %
Sugars 2 g	
Protein 2 g	4 %
Vitamin A	5 %
Vitamin C	0 %
Calcium	4 %
Iron	4 %