



## April's Veggie of the Month

# Hummus

### DID YOU KNOW?

- ✓ Hummus is made from chickpeas, lemon juice, oil, and seasonings like garlic & salt
- ✓ It's been eaten for hundreds of years!
- ✓ Chickpeas (also known as garbano beans) grow in pods on plants
- ✓ Full of plant proteins and fiber to keep your body strong and full!

**TRY  
HUMMUS  
ON APRIL  
22ND**



You can dip lots of veggies in hummus like carrots, cucumbers, peppers, and celery. 🥕 🥒

