

EDAMAME SRIRACHA HUMMUS



#VEGAN #LOWSODIUM #GLUTENFREE

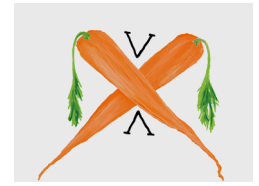
SERVES: 4-6

PREP TIME: 10 MINS

COOK TIME: 0 MINS

TOTAL TIME: 10 MINS

THE VARIANT VEGGIE



PLANT-BASED
NUTRITION.

NEVER BLAND.
ALWAYS VARIANT.

INGREDIENTS

1 cup frozen edamame, shelled
1/4 cup raw almond butter*
1-2 TBSP Sriracha sauce**,
depending on spice preference
2 TBSP lime juice
1 garlic clove, peeled
1 TBSP fresh cilantro, chopped
2 tsp low sodium tamari or soy
sauce
2-4 TBSP extra virgin olive oil

METHOD

Measure out all ingredients and place in the bowl of a food processor or high speed blender.

Blend until smooth and creamy.

If you're looking for a smoother texture, add more EVOO, more salt, add tamari, more spice, add sriracha, more tang, add lime juice!

Top with smoked paprika and additional oil (optional). Serve with your favorite crackers or veggies! This also makes a great spread for wraps or sandwiches.

This will stay fresh in the refrigerator for up to 1 week!

NOTES:

*Feel free to use tahini here as a more traditional option, but I highly recommend almond butter!

**Be aware not all Sriracha is vegan, some contain fish sauce. Check the label to be sure! Huy Fong - the most common Sriracha brand with the green top - is vegan!

NUTRITION:

Serving Size: ~3 TBSP Total Calories: 155 Total Fat: 11 g Saturated Fat: 1 g

Sodium: 152 mg Potassium: 7 mg Total Carbohydrate: 10 g

Fiber: 3 g Sugar: 4 g Protein: 5 g