**Protein Snack Box with Lemon Spinach Hummus**

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

**SERVINGS: 4**

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| **Ingredients** | **Quantity** | **Measure** |
| Lemon Spinach Hummus (see sub recipe) | 2 | cups |
| Broccoli, fresh, cut into florets | 1 | cup |
| Cauliflower, fresh, cut into florets | 1 | cup |
| Carrots, fresh, peeled, cut into sticks | 1 | cup |
| Wheat Pitas, cut into triangles | 2 | each |
| Walnuts, toasted  | .5 | cup |
| Pecans, toasted | .5 | cup |
| **Lemon Spinach Hummus (Sub Recipe)** |  |  |
| Garbanzo Beans, rinsed and drained | 14 | Oz. |
| Garlic Cloves, peeled | 3 | each |
| Chives, chopped | 3 | Tbsp. |
| Baby Spinach Leaves, washed and dried | 3 | cups |
| Lemon, zest and juice | 1.5 | each |
| Salt and Pepper to taste |  |  |
| Extra Virgin Olive Oil | .25 | cup |

**Preparation**

1. **For Hummus: Combine chickpeas, garlic cloves, and chives in food processor and pulse until roughly mixed.**
2. **Add the spinach, lemon zest and squeeze in the juice and puree until smooth.**
3. **With the processor running, drizzle in the olive oil. Taste and season with salt and pepper.**
4. **Garnish with extra chopped chives.**
5. **Assemble Boxes: ½ cup of Hummus, combination of assorted vegetables, mixed nuts and pita triangles.**

 **Serving Information**

**Serve cold.**

**The nuts in this recipes can also be tossed with maple syrup, cane sugar, cayenne, ginger, and cinnamon for a spiced nut version.**