

Hummus Box

Grab and go at it's finest!

Ingredients

- 1 whole wheat pita, cut into 6 slices
- ½ cup hummus (or 2 individual hummus cups)
- 1/2 cup grape tomatoes
- ½ cup sliced cucumber
- 2 hard boiled eggs

Directions

1. Portion all ingredients into Tupperware containers for an easy, travel lunch option.
2. Serve pita dipped in hummus with veggies and eggs on the side.

Nutrition Benefits

- ✓ Complex carbs
- ✓ Protein
- ✓ Heart healthy fats
- ✓ Potassium
- ✓ Magnesium
- ✓ Antioxidants
- ✓ Vitamin C
- ✓ Fiber
- ✓ Choline
- ✓ Vitamin D