

SNACK / QUICK



Quick Hummus Cucumber Snack Plate

Crisp sliced cucumber with a creamy hummus dip for an easy, no-cook snack.

1 min

1 serving

Snack

quick

low-carb

121

Calories / serving

4g

Protein / serving

15g

Carbs / serving

5g

Fat / serving



Ingredients

- 1/4 cup hummus (61.5 g)
- 1/2 medium cucumber, sliced (100.5 g)

Method

- 1 Dip cucumbers in hummus.

RENEE'S NOTE

"For a cleaner snack plate, pat the cucumber slices dry first so the hummus stays creamy instead of watery."

RENEE'S TWEAK

Fan the cucumber rounds around the hummus with their dry cut faces upward so every piece stays easy to pick up.