

Asparagus Hummus

Prep Time: 15 Min **Total Time:** 15 Min
Serves 1

Ingredients

- 1 1/2 Scoops of Pea Protein powder (any kind, unflavored works best)
- 1/2 - 1 cup of Water (amount of water depends on the thickness you want)
- 1 Lemon's juice (optional)
- 1/2 Bunch Asparagus
- 1 tsp. Garlic Powder
- 1/2 tsp. Sea Salt
- 1/2 tsp. Cumin
- 2.5 tsp. Konjac Flour (optional)
- Sprinkle Paprika

Instructions

- 1 Add 1/2 of the asparagus and all of the other ingredients together in blender.
- 2 Blend on high and then pour into serving bowl.
- 3 Use the remaining asparagus to dip into the hummus.

Notes

Note the amount of pea protein powder you put in each recipe depends on the protein powder you are using and how many calories it has...make sure you do not go over your allotted amount of calories for the day.

For vegans on phase 2 this will be your protein and veg serving for one meal

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