



Mediterranean Hummus Toast

Hummus, is a cost-effective creamy spread made from chickpeas, tahini, olive oil, lemon juice, and garlic, is indeed a staple in many Mediterranean diets and is often enjoyed spread on toast. This recipe makes it easy to incorporate legumes into your week.



Serving
1



Cook
10 Minutes



Contributer
Veronica Rouse, MAN, RD, CDE

- 2 slices Rye Bread (toasted)
- 1 Garlic (clove, peeled)
- ¼ cup Hummus
- ¼ cup Sunflower Seeds
- ½ tsp Oregano
- ½ tsp Chili flakes

1. Rub garlic on both pieces of the toasted bread.
2. To assemble, place the bread on plates and top evenly with the hummus, sunflower seeds, oregano and chili flakes. Enjoy!

Variation

Switch up the flavors of this dish by topping the toast with fruit like figs or pomegranate seeds or vegetables like cucumber and radishes for a refreshing crunch.

DIETITIAN'S MESSAGE

Hummus is incredibly nutritious; it's rich in plant-based protein, fiber, and healthy fats, making it a satisfying choice that can keep you feeling full for longer. Additionally, it's versatile and pairs well with a variety of other foods, including fresh vegetables, grilled meats, and of course, bread.



Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

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