



# Vegan Hummus Recipes: The 20 Most Delicious Hummus Recipes That Are Quick and Easy

*Kelli Rae*

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## Do you love hummus? Would you like to be able to save money and make hummus at home?

If so, then read on! This book has 20 of the most delicious hummus recipes. They are all 100% vegan and they're a great protein source. Hummus is great to use on so many foods – salads, various breads (like pita bread), veggies, sandwiches and on anything else you would like an extra something.

Hummus is absolutely delicious and very healthy. It is a great food for any weight loss journey. Substitute it for those high fat foods, like mayonnaise and salad dressing. Or bring it to the next party or holiday gathering, and everyone will surely love it.

This book also makes a great gift for yourself or that special health nut in your life. Perfect present for birthdays, holidays, Christmas or just any day you want to give something special.

I hope you enjoy these recipes and let me know which one is your favorite! Grab this book now and enjoy your homemade hummus today.

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