



HEART HEALTHY HUMMUS BOARD



SHOPPING LIST

Start with Hummus Base

Gus's house made hummus

Choose Toppings (Or Try all 3)

Zesty:

lemon zest + chopped parsley + drizzle olive oil

Smoky/Spicy:

sprinkle smoked paprika + chile oil

Sweet:

pomegranate seeds + mint + tiny drizzle honey

Grab Your Dippers

Fresh Veggies

(Pick your favorites, like)

carrots

radish

cucumbers

bell peppers

snap peas

broccoli

Chips or Crackers

Wasa whole grain, sourdough, light rye

Mary's Gone Crackers

TERRA vegetable chips

A crowd-pleasing snack board for hosting game day or any soiree that's big on flavor and great for your heart.

Foods rich in fiber, plant-based ingredients, and unsaturated fats help support healthy cholesterol levels, protect blood vessels, and keep blood pressure in check over time. This hummus board delivers all three, using simple, familiar ingredients you can find right here at Gus's.

DIRECTIONS

- 1 Scoop & portion the hummus into small bowls (one bowl per topping)
- 2 Top each bowl with your flavor choice(s)
- 3 Arrange everything on a large board or platter: flavored hummus bowls, crackers, veggies, and extras (see below)
- 4 Serve, letting everyone build their own bites

Heart-Healthy Extras

avocado slices

Gus's house made guacamole

walnuts

Kalamata olives (salty, so just a few)

dark-chocolate almonds



WHY YOUR HEART LOVES THIS BOARD

Big flavor and an easy win for your heart!

Fiber from chickpeas & whole grains helps the body process fats & keeps you satisfied

Olive oil, tahini & nuts provide unsaturated fats for healthier cholesterol levels, especially when replacing saturated fats.

Lower sodium keeps blood pressure in check

Vegetables provide potassium & antioxidants for overall heart health

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The
**BALANCED
BASKET**



NUTRITION TIPS, RECIPES & ADVICE