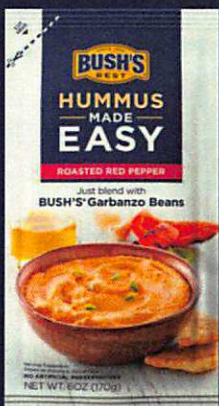
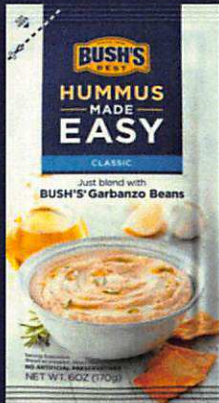




HUMMUS MADE EASY



#HummusMadeEasy

MIX-IN INSPIRATION

BUSH'S® Classic Hummus Made Easy with Blue Cheese

Servings: 15 | Preparation Time: 10 minutes | Cook Time: 0 minutes

Ingredients:

- 1 can (16 ounce) BUSH'S® Garbanzo Beans, drained and rinsed
- 1 package BUSH'S® Classic Hummus Made Easy
- 4 tablespoons blue cheese

Directions:

Drain and rinse beans. Add beans to food processor.
Add contents of BUSH'S® Classic Hummus Made Easy pouch. Blend to desired consistency.
Stir blue cheese or sundried tomatoes and basil.



BUSH'S® Southwest Black Bean Hummus Made Easy with Jalapeños

Servings: 15 | Preparation Time: 10 minutes | Cook Time: 0 minutes

Ingredients:

- 1 can (15 ounce) BUSH'S® Black Beans, drained and rinsed
- 1 package BUSH'S® Southwest Black Bean Hummus Made Easy
- 1 to 2 tablespoons jalapeño, diced

Directions:

Drain and rinse beans and add to food processor.
Add contents of BUSH'S® Southwest Black Bean Hummus Made Easy pouch. Blend to desired consistency.
Add diced jalapeños or green chilies.



BUSH'S® Roasted Red Pepper Hummus Made Easy with Smoked Paprika

Servings: 15 | Preparation Time: 10 minutes | Cook Time: 0 minutes

Ingredients:

- 1 can (16 ounce) BUSH'S® Garbanzo Beans, drained and rinsed
- 1 package BUSH'S® Roasted Red Pepper Hummus Made Easy
- 1 teaspoon smoked paprika

Directions:

Drain and rinse beans and add to food processor.
Add contents of BUSH'S® Roasted Red Pepper Hummus Made Easy pouch. Blend to desired consistency.
Add smoked paprika.



BUSH'S® Southwest Black Bean Hummus Made Easy with Serrano Peppers and Sour Cream

Servings: 15 | Preparation Time: 10 minutes | Cook Time: 0 minutes

Ingredients:

- 1 can (15 ounce) BUSH'S® Black Beans, drained and rinsed
- 1 package BUSH'S® Southwest Black Bean Hummus Made Easy
- 1 serrano pepper, diced
- 1 tablespoon sour cream

Directions:

Drain and rinse beans and add to food processor.
Add contents of BUSH'S® Southwest Black Bean Hummus Made Easy pouch. Blend to desired consistency.
Add diced serrano peppers and sour cream.



BUSH'S® Roasted Red Pepper Hummus Made Easy with Roasted Red Peppers

Servings: 15 | Preparation Time: 10 minutes | Cook Time: 0 minutes

Ingredients:

- 1 can (16 ounce) BUSH'S® Garbanzo Beans, drained and rinsed
- 1 package BUSH'S® Roasted Red Pepper Hummus Made Easy
- 1 tablespoon roasted red bell peppers, jarred

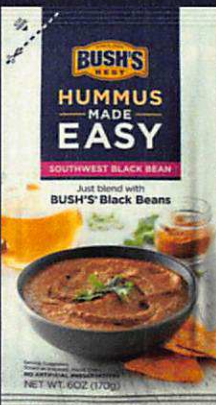
Directions:

Drain and rinse beans and add to food processor.
Add contents of BUSH'S® Southwest Black Bean Hummus Made Easy pouch. Blend to desired consistency.
Add roasted red peppers.





HUMMUS MADE EASY



#HummusMadeEasy

RECIPE IDEAS

BUSH'S® Hummus and Veggie Cups

Servings: 10 | Preparation Time: 20 to 25 minutes | Cook time: 8 to 10 minutes

Ingredients:

- 1 can (16 ounce) BUSH'S® Garbanzo Beans, drained and rinsed
- 1 package BUSH'S® Classic Hummus Made Easy
- 1 package seamless crescent roll dough
- 2 medium carrots (diced)
- 10 each grape tomatoes, halved
- 1 each cucumber, sliced and quartered

Directions:

Preheat oven to 375°F.

Drain and rinse beans and add to food processor.

Add contents of BUSH'S® Classic Hummus Made Easy pouch. Blend to desired consistency.

Cut dough in 2" circles. Press into a small muffin tin and push against the sides.

Bake 8 to 10 minutes until golden brown.

Remove from oven and flatten the dough against the sides with a spoon.

Fill ¾ of each cup with BUSH'S® Classic Hummus Made Easy. Garnish with carrots, tomatoes and cucumber.



BUSH'S® Southwest Hummus Tacos

Servings: 4 to 6 | Preparation Time: 15 minutes | Cook Time: 0 minutes

Ingredients:

- 1 can (15 ounce) BUSH'S® Black Beans, drained and rinsed
- 1 package BUSH'S® Southwest Black Bean Hummus Made Easy
- 1 small package tortillas (corn or flour)
- ½ package (8 ounce) shredded lettuce
- 1 can corn, drained
- 1 medium red tomato, diced
- 1 package (8 ounce) Mexican style shredded cheese blend

Optional: cilantro

Directions:

Drain and rinse beans and add to food processor.

Add contents of BUSH'S® Southwest Black Bean Hummus Made Easy pouch. Blend to desired consistency.

Dice tomato into small pieces.

Spread hummus on tortilla and layer shredded lettuce, corn, tomato, and cheese. Add cilantro to taste.



BUSH'S® Layered Hummus Dip

Servings: 4 to 6 | Preparation Time: 15 minutes | Cook time: 0 minutes

Ingredients:

- 1 can (16 ounce) BUSH'S® Garbanzo Beans, drained and rinsed
- 1 package BUSH'S® Roasted Red Pepper Hummus Made Easy
- 1 tablespoon no-salt-added southwest spice
- 1 cup Greek yogurt, plain 0% fat
- 2 cups arugula, fresh and chopped
- 2 medium avocados, pitted and peeled
- 1 can (15-ounce) BUSH'S® Black Beans, well drained
- ½ cup chopped fresh jicama
- 1 each lime, juiced to taste

Directions:

Drain and rinse beans and add to food processor.

Add contents of BUSH'S® Roasted Red Pepper Hummus Made Easy pouch. Blend to desired consistency.

In a small bowl, stir together the spice blend and Greek yogurt and set aside.

Rinse arugula and pat dry, set aside.

In separate small bowl, combine ½ cup arugula with jicama, set aside.

In medium bowl, mash avocados.

In clear, medium-sized bowl, assemble red pepper hummus, yogurt mixture, mashed avocados, 1½ cups arugula, beans, and jicama-arugula mixture. Drizzle with lime juice to taste.

Cover with clear wrap and refrigerate until chilled.

Serve with whole grain pita chips or baked tortilla chips.

