

VEGAN • GLUTEN-FREE • NON-GMO • NO PRESERVATIVES • NEVER PASTEURIZED



ORIGINAL HUMMUS

Ingredients: Garbanzo Beans, Safflower Oil, Tahini, Lemon Juice, Wheat-Free Tamari, Distilled White Vinegar, Cumin, Garlic, Black Pepper, Acacia, Celtic Sea Salt™

Nutrition Facts: Serving size 2 tbsp (30g). Serving per Container 8, Calories 60, Calories from Fat 60. **Amount/Serving (%DV based on a 2000 calorie diet):** Total Fat 6g (10%), Saturated Fat 0g (0%), Trans Fat 0g, Cholesterol 0mg (0%), Sodium 80mg (3%), Total Carbs 6g (2%), Dietary Fiber 2g (7%), Sugars 1g, Protein 2g, Vitamin A (0%), Vitamin C (2%), Calcium (2%), Iron (4%)



OIL-FREE ORIGINAL HUMMUS

Ingredients: Garbanzo Beans, Pure Water, Tahini (Sesame Seeds), Lemon Juice, Wheat-Free Tamari (Soy), Distilled White Vinegar, Cumin, Garlic, Black Pepper, Acacia, Celtic Sea Salt™

Nutrition Facts: Serving Size 2 tbsp, Servings per Container 8, Calories 40, Calories from Fat 10. **Amount/Serving (%DV based on a 2000 calorie diet):** Total Fat 1g (2%), Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 75mg (3%), Total Carbs 6g (2%), Dietary Fiber 2g (7%), Sugars 1g, Protein 2g, Vitamin A (0%), Vitamin C (2%), Calcium (2%), Iron (4%)



ROASTED GARLIC HUMMUS

Ingredients: Garbanzo Beans, Safflower Oil, Roasted Garlic, Tahini, Lemon Juice, Wheat-Free Tamari, Distilled White Vinegar, Cumin, Raw Garlic, Black Pepper, Acacia, Celtic Sea Salt™

Nutrition Facts: Serving Size 2 tbsp (30g), Servings per Container 8, Calories 80, Calories from Fat 50. **Amount/Serving (%DV based on a 2000 calorie diet):** Total Fat 6g (9%), Saturated Fat 0g (0%), Trans Fat 0g (0%), Cholesterol 0mg (0%), Sodium 75mg (3%), Total Carbs 6g (2%), Dietary Fiber 2g (7%), Sugars 1g, Protein 2g, Vitamin A (0%), Vitamin C (2%), Calcium (2%), Iron (4%)



THAI COCONUT CURRY HUMMUS

Ingredients: Garbanzo Beans, Safflower Oil, Unrefined Coconut Oil, Lime Juice, Tahini, Ginger, Shallot, Distilled White Vinegar, Garlic, Lemon Juice, Lemon Grass, Celtic Sea Salt™, Cumin, Red Chilies, Cilantro, Coriander, Black Pepper, Acacia, Kaffir Lime

Nutrition Facts: Serving size 2 tbsp (30g), Serving per Container 8, Calories 80, Calories from Fat 50. **Amount/Serving (%DV based on a 2000 calorie diet):** Total Fat 6g (9%), Saturated Fat 1.5g (8%), Trans Fat 0g, Cholesterol 0mg (0%), Sodium 75mg (3%), Total Carbs 7g (2%), Dietary Fiber 2g (7%), Sugars 1g, Protein 2g, Vitamin A (0%), Vitamin C (2%), Calcium (2%), Iron (4%)



ROASTED RED BELL PEPPER HUMMUS

Ingredients: Garbanzo Beans, Safflower Oil, Roasted Red Bell Peppers, Tahini, Lemon Juice, Wheat-Free Tamari, Distilled White Vinegar, Cumin, Garlic, Black Pepper, Acacia, Celtic Sea Salt™

Nutrition Facts: Serving size 2 tbsp (30g), Serving per Container 8, Calories 80, Calories from Fat 50. **Amount/Serving (%DV based on a 2000 calorie diet):** Total Fat 6g (9%), Saturated Fat 0g (0%), Trans Fat 0g, Cholesterol 0mg (0%), Sodium 80mg (3%), Total Carbs 6g (2%), Dietary Fiber 2g (7%), Sugars 1g, Protein 2g, Vitamin A (2%), Vitamin C (4%), Calcium (2%), Iron (4%)



MANGO SRIRACHA HUMMUS

Ingredients: Garbanzo Beans, Safflower Oil, Mango, Wheat-Free Tamari (Soy), Tahini, Cumin, Sriracha, Distilled White Vinegar, Garlic, Lemon Juice, Lime Juice, Red Chilies, Cumin, Celtic Sea Salt™, Cayenne Pepper, Ginger, Acacia, Black Pepper

Nutrition Facts: Serving size 2 tbsp (30g), Serving per container 8, Calories 80, Calories from Fat 45. **Amount/Serving (%DV based on a 2000 calorie diet):** Total Fat 5g (8%), Saturated Fat 0g (0%), Trans Fat 0g, Cholesterol 0mg (0%), Sodium 105mg (4%), Total Carbs 6g (2%), Dietary Fiber 2g (7%), Sugars 1g, Protein 2g, Vitamin A (2%), Vitamin C (2%), Calcium (2%), Iron (4%)



HOT CHIPOTLE HUMMUS

Ingredients: Garbanzo Beans, Safflower Oil, Tahini, Lemon Juice, Wheat-Free Tamari, Distilled White Vinegar, Chipotle Peppers, Cumin, Garlic, Black Pepper, Acacia, Celtic Sea Salt™

Nutrition Facts: Serving size 2 tbsp (30g), Serving per container 8, Calories 90, Calories from Fat 60. **Amount/Serving (%DV based on a 2000 calorie diet):** Total Fat 6g (10%), Saturated Fat 0g (0%), Trans Fat 0g, Cholesterol 0mg (0%), Sodium 80mg (3%), Total Carbs 6g (2%), Dietary Fiber 2g (7%), Sugars 1g, Protein 2g, Vitamin A (0%), Vitamin C (2%), Calcium (2%), Iron (4%)



BLACK BEAN HUMMUS

Ingredients: Black Beans, Safflower Oil, Lime Juice, Tahini, Wheat-Free Tamari, Distilled White Vinegar, Lemon Juice, Cumin, Garlic, Jalapeño, Acacia, Celtic Sea Salt™

Nutrition Facts: Serving Size 2 tbsp (30g), Servings per Container 8, Calories 80, Calories from Fat 40. **Amount/Serving (%DV based on a 2000 calorie diet):** Total Fat 4.5g (7%), Saturated Fat 0g (0%), Trans Fat 0g, Cholesterol 0mg (0%), Sodium 75mg (3%), Total Carbs 7g (2%), Dietary Fiber 2g, Sugars 0g, Protein 3g, Vitamin A (0%), Vitamin C (0%), Calcium (2%), Iron (4%)



SPINACH HUMMUS

Ingredients: Garbanzo Beans, Safflower Oil, Spinach, Tahini, Lemon Juice, Wheat-Free Tamari, Distilled White Vinegar, Cumin, Garlic, Black Pepper, Acacia, Celtic Sea Salt™

Nutrition Facts: Serving size 2 tbsp (30g), Serving per Container 8, Calories 60, Calories from Fat 25. **Amount/Serving (%DV based on a 2000 calorie diet):** Total Fat 2.5g (4%), Saturated Fat 0g (0%), Trans Fat 0g, Cholesterol 0mg (0%), Sodium 80mg (3%), Total Carbs 7g (2%), Dietary Fiber 2g (7%), Sugars 1g, Protein 2g, Vitamin A (4%), Vitamin C (2%), Calcium (2%), Iron (4%)



LIMA BEAN HUMMUS

Ingredients: Lima Beans, Safflower Oil, Lemon Juice, Wheat-Free Tamari (Soy), Tahini (Sesame Seeds), Parsley, Distilled White Vinegar, Garlic, Celtic Sea Salt™, Cumin, Acacia, Black Pepper, Thyme, Cayenne

Nutrition Facts: Serving size 2 tbsp (30g), Serving per Container 8, Calories 80, Calories from Fat 50. **Amount/Serving (%DV based on a 2000 calorie diet):** Total Fat 5g (8%), Saturated Fat 0g (0%), Trans Fat 0g, Cholesterol 0mg (0%), Sodium 115mg (5%), Total Carbs 7g (2%), Dietary Fiber 2g (7%), Sugars 1g, Protein 2g, Vitamin A (2%), Vitamin C (2%), Calcium (2%), Iron (4%)

