



## Cucumber Hummus Bites

1 serving  
10 minutes

### Ingredients

- 1/4 Cucumber (large)
- 1/4 cup Hummus
- 1/8 tsp Black Pepper

### Nutrition

Amount per serving	
Calories	158
Fat	11g
Saturated	2g
Carbs	12g
Sugar	2g
Protein	5g
Cholesterol	0mg
Sodium	264mg

### Directions

- 1 Slice cucumber into 1/4-inch thick rounds.
- 2 Top each round with 1 to 2 teaspoons of hummus and a pinch of black pepper. Serve immediately. Enjoy!

### Notes

**More Flavour,** Top each cucumber hummus bite with a pitted olive, chopped roasted capsicum, some roasted garlic or spicy red pepper flakes.