

## High Protein Hummus

2 15.5 oz cans chickpeas/garbanzo beans – drained/rinsed

1 cup cottage cheese

1 tbs olive oil

1/2 tsp garlic powder

1 tsp cumin

1/4 cup lemon juice

1/4 cup sesame seeds

Add everything to food processor in order and blend – add salt to taste

Store in fridge

For protein breakfast

Spread on homemade Miracle Bread (recipe under Grain-Sugar Free Recipes) top with egg

