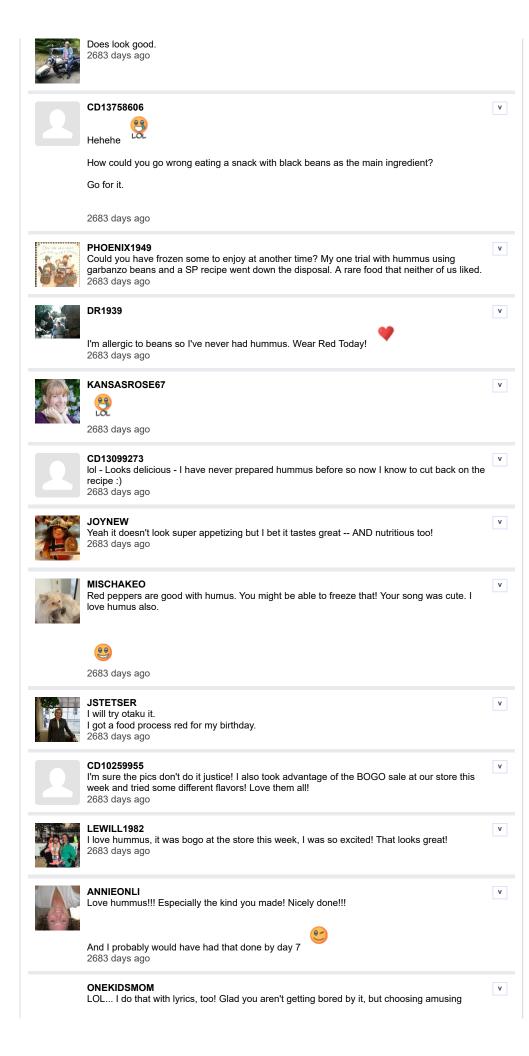


Today is day 10 and this is what's left.



Even with generous servings I'll be eating this through Sunday.

	aday of hummus I ate it with some carrots ond day of hummus I ate it with some celery 
	I can think of 10 other scooping vegetables. e I'll just cut the recipe in half.
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	SMILES4383 Hummus is WONDERFUL. So many different ways to eatso many different legumes to utilize.
	GO, GO, GO, GO 2681 days ago
Today's SparkPeople Burning Issue	BOPPY_ Anything good that many days in a row can get "old"!
	I suggest you at *least* half the recipe especially if YDH ain't "buying" it! 2682 days ago
	CD13509833 Sounds yummy.
	2682 days ago          LULUBELLE65       v         I make a great black bean hummus. I could easily eat all 10 servings in a week. It's great as a spread on sandwiches in place of mayo, it's good as a veggie dip. I eat it on crackers for a snack, or add some liquid and turn it into a salad dressing         2682 days ago
	<b>CINIEMIE</b> v I'm not fond of hummus. Black bean hummus sounds interesting, but by the look of the amount I don't think I'll make it. I'm not sure what to do with even half of it if I don't like it. Erik likes regular hummus, but I'm not sure about this. No green peppers for me, I'll be sick for a few days. I've tried regular hummus-not a fan- with celery, carrots, red peppers, cucumbers and broccoli stems. I think I'd rather put garbanzo beans in my salad. No if you invited me over I'd try it then I'd know whether it would be worth the effort and the expense. I've free the provided in the effort and the expense. I've tried the provided in the effort and the expense.
	2682 days ago
	TINAJANE76 I LOVE hummus too! My favorite is cilantro jalapeño and I especially love it in a breakfast wrap with egg whites. Yum!!! 2682 days ago
	IFDEEVARUNS2       v         I would have gone through it in 5 days! It's great on salads.         2683 days ago
	<b>RWETHAIRYET</b> Almost every time I try something new for "us" I end up eating (or freezing portions of) it for the next 14 days, ha haso I understand.



0	instead! 2683 days ag	go						
	CD12521021 Funny song 2683 days ag	interesting look	king hummus. I'l	ll have to giv	e it a try.			V
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