



Hummus Cookbook: The Ultimate Guide

By Bridgette Conners

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. ** The Ultimate Hummus Guide ** * Over 30 Healthy Delicious Recipes * Hummus is one of the world s oldest foods, with evidence suggesting use of chickpeas by ancient Egyptians 7,000 years ago and active cultivation in the Mediterranean basin beginning around 5,000 years ago. With the emergence of health-conscious food trends, hummus has become a popular dish for vegetarians and meat-eaters alike, and is a staple of modern Middle Eastern cuisine. Hummus is a tasty and nutritious food that can be used in a variety of ways. You can fill a sandwich with it, dip pita triangles, chips, crackers, or raw veggies in it. We have collected the most delicious and best selling recipes from around the world. Enjoy! Introduce Hummus into your diet today! Scroll Up Grab Your Copy NOW!.

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