

Press release

Hummus and avocado, the perfect match for athletes

- **The combination of both products results in a super food low in fat, rich in protein and one hundred percent healthy: avocado hummus.**
- **Taste Shukran proposes three healthy recipes made with avocado hummus to replenish energy after the daily workout.**

For a couple of years, two foods have conquered the market, hummus and avocado. Two products that provide high doses of protein and other nutrients that make them super healthy and ideal for those who want to take care of themselves. In the world of fitness, avocado has been gaining more and more relevance thanks to the multiple benefits it brings to the body. Its fats, which contain 71% monounsaturated fatty acids and 13% polyunsaturated fatty acids, are nutritionally beneficial for the body and help promote a healthy lipid profile. But there are more benefits of avocado that are not known. Eating a piece of fruit a day helps to keep bad cholesterol at bay. The so-called fruit of life contains a compound called beta-sitosterol that prevents heart disease and diabetes, promotes weight control and has antioxidant properties.

Hummus is another food that has conquered the hearts of athletes. [Taste Shukran](#) makes hummus with 100% natural ingredients, without additives, vegan and with Nutriscore A. This chickpea cream with tahini is rich in essential minerals such as potassium, phosphorus, magnesium, calcium, iron and zinc. But hummus is also a product rich in protein, which helps fight hunger attacks and maintain blood sugar levels thanks to its low glycemic value. Another fact to take into account is that the high content of Omega 3 fatty acid helps to prevent cardiovascular diseases. In recent years hummus has become very fashionable, it is present in the diet of many athletes because its proteins are easily assimilated by the body.

The combination of hummus and avocado creates the perfect match when it comes to training. That is why Taste Shukran proposes three simple recipes to recover after a workout.

Whole wheat quesadillas with avocado hummus

Ingredients:

- Whole wheat fajita bread
- Mozzarella
- Green bell pepper
- Avocado hummus from Taste Shukran

Grate the mozzarella and chop the bell pepper. In a bowl, put the chopped ingredients together with the avocado hummus, mix well and serve on bread. Once the fajitas are formed, bake for 10 minutes at 150 degrees.



Pasta salad with avocado hummus

Ingredients:

- 200 grams of colored pasta
- 6 cherry tomatoes
- Chopped onion
- Corn
- Avocado hummus from Taste Shukran

Boil the pasta and once boiled, let it cool. In a bowl, add the pasta and the rest of the ingredients and mix until ready to eat. This salad is easy, delicious, vegan and with enough protein to regain strength after a training session.



Cucumber salad with avocado hummus dip

Ingredients:

- 2 Cucumbers
- Cherry tomatoes
- Half an onion
- One yogurt
- 1 lemon
- Salt, pepper and EVOO
- Avocado hummus by Taste Shukran

Peel and chop the cucumbers, cherry tomatoes and onion. In a bowl, mix the yogurt with a little lemon, the avocado hummus, a little extra virgin olive oil, salt and pepper. Add the sauce to the vegetables and that's it!



Three simple protein recipes that will help athletes in their daily lives to have a healthy and balanced diet.

About Taste Shukran

The company was founded in 2010 by Lebanese entrepreneur Bill Saad. It is a reference company in the food sector, specialized in Mediterranean cuisine with Lebanese influence. Shukran Group also owns the retail line Taste Shukran, which markets various products such as hummus, creams, sauces and baklawas. The products and recipes that complete Shukran Group's offer are elaborated in its own 1000 square meters workshop, where the latest technology is combined with craftsmanship. Currently, its products are distributed in more than 300 points of sale.

www.tasteshukran.com

For more information:

Mabel Calatrava

Press & PR Consultant

mabel@mabelcalatrava.com

655 174 313