

Press release

Taste Shukran proposes three healthy recipes with hummus for days of confinement.

- **A balanced diet is essential to combat the problems that can result from confinement: sedentary lifestyles and obesity.**
- **Taste Shukran proposes healthy recipes with hummus, a product that produces serotonin, the happiness hormone. In addition, its protein richness makes it a key ally in the diet.**

The state of alarm will last until April 26, until then Spaniards will spend almost a month confined to their homes. A period that can take its toll on their health if they do not keep active and if they do not eat a varied and balanced diet. Recent reports warn that 25% of the Spanish population is overweight. Currently, obesity is considered the other pandemic of the 21st century due to its vertiginous growth. In the case of Spain, it is the second country in Europe, after the United Kingdom, with more overweight people.

This is why the food company [Taste Shukran](#) advises eating a varied and healthy diet that includes all food groups (cereals, meats, fish, dairy products, fruits, vegetables and nuts) in the right proportion. She also advises reducing the intake of industrial pastries or consuming them in moderation. A trick to avoid falling into temptation is to eat five meals a day and above all, in a time like this of confinement, it is essential to hydrate well.

To break the daily food routine, Taste Shukran proposes a series of recipes with one of the healthiest foods of the moment: hummus.

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 to fight hunger attacks and to 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 prevent cardiovascular diseases. As if that were not enough, eating hummus produces serotonin, the so-called happiness hormone, something that comes in handy in times like these when being at home can be overwhelming. In addition, 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.

What makes this product even more special are its delicious varieties. Taste Shukran has a wide range of hummus: **traditional, truffle, black garlic, avocado, bell pepper, mango and mutabal**. Hummus can be eaten with pita bread or crudités, which makes it a very healthy snack, or in tasty recipes like the ones shown below to make confinement more bearable and healthy:

- **Basil hummus with walnuts**

Ingredients: a jar of Taste Shukran basil hummus, a tablespoon of olive oil, sweet paprika, 20 grams of chopped walnuts and 100 grams of whole walnuts.

Preparation: Pour the basil hummus into a bowl and add the tablespoon of olive oil. Stir until a creamy texture is obtained. Put it in a bowl and sprinkle the chopped walnuts and sweet paprika on top. The whole walnuts are placed around the mixture or in a separate bowl to be used as a garnish.



- **Avocado hummus toast with piquillo peppers**

Ingredients: a jar of avocado hummus from Taste Shukran, a slice of bread (can be normal, rye or whole wheat), a can of piquillo peppers, a tablespoon of olive oil, and olives.

Preparation: Pour the avocado hummus in a bowl and add the tablespoon of olive oil. Stir until a creamy texture is obtained. Once the slice of bread is toasted, spread the hummus mixture and decorate with the peppers and olives. Option for non-vegans: add some anchovies.



- **Bell pepper hummus with vegetables and oregano**

Ingredients: a jar of Taste Shukran bell pepper hummus, a tablespoon of olive oil, a red bell pepper, a green bell pepper, an onion, a tomato and oregano.

Preparation: pour the bell pepper hummus into a bowl and add the tablespoon of olive oil. Stir until a creamy texture is obtained. Cut the peppers, tomato and onion into small squares and place them on top of the hummus mixture. Sprinkle oregano over the dish. This recipe can be used as a dip with pita bread or traditional bread and also as a delicious spread on toast.



Three healthy recipes in which the time invested is only five minutes and that contribute to a balanced diet. Taste Shukran advises to practice sports at home to avoid sedentary lifestyles and obesity.

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.
<http://shukrangroup.com/>

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