

Press release

Taste Shukran proposes three light and refreshing recipes with hummus to beat the summer heat

- **Mango hummus toast with plum jam, pasta salad with edamame hummus and healthy nachos with guacamole and hummus.**
- **Hummus is the allied food of the summer, with vitamin A, B1, B2, B3, folic acid and rich in essential minerals such as phosphorus, potassium, calcium, iron, magnesium and zinc.**

High temperatures invite us to eat less, the heat reduces the sensation of appetite and the human body reduces calorie intake, causing a change in diet that can take its toll.

At this time of the year, it is convenient to hydrate a lot and eat less copious meals but that provide all the necessary nutrients. Fruits, grilled vegetables, salads should be part of the summer diet and another food that can become a perfect ally to eat healthy is hummus.

The consumption of this product has skyrocketed exponentially in recent years and the reason is none other than its natural ingredients and all the properties it provides to the body. Hummus is a chickpea cream made with tahini (sesame seeds) and lemon. A simple food that is a great source of energy and vegetable protein, has vitamin A, B1, B2, B3, folic acid and is rich in essential minerals such as phosphorus, potassium, calcium, iron, magnesium and zinc.

It is common to consume this product as a side dish with healthy snacks such as crudités, but increasingly, thanks to the varieties available on the market, hummus has become an indispensable ingredient for many recipes. [Taste Shukran](#), hummus marketer, shows how to make the most of this ingredient with three light and quick recipes for every moment of the day.

- **Breakfast: Mango hummus toast with plum and orange**

Ingredients: Whole wheat toast, Taste Shukran mango hummus, 1 orange, 1 plum and 1 tablespoon plum jam.

Elaboration: Cut the orange in two halves, reserve one half to accompany the toast and extract the juice from the other half. With a brush, paint the toast with the orange juice so that it soaks it superficially. Spread the mango hummus on the toast and spread the plum jam on top. Peel and slice the plum and decorate the toast with the pieces of fruit.



- **Lunch: Pasta salad with edamame hummus**

Ingredients: 150 grams of vegetable paste (colors), Taste Shukran edamame hummus, 1 tomato, 1 green bell pepper, 1 red bell pepper, 1 chopped onion, 1 jar of corn.

Elaboration: Cook the pasta, drain and once cold, assemble the dish. To do this, chop the tomato, peppers and onion and mix to taste with the pasta. Add the corn and the hummus of edamame decorating it with the leftover vegetables.



- **Dinner: Healthy Nachos with hummus and guacamole**

Ingredients for nachos: 100 grams of chickpea flour, 40 milliliters of water, 2 tablespoons of olive oil, salt, paprika and 2 tablespoons of chia seeds.

Ingredients for guacamole: 2 avocados, 1 chopped tomato, 1 chopped red onion, 1 tablespoon olive oil, salt, juice of half a lemon and lime and Taste Shukran's pimiento hummus.

Elaboration of nachos: Currently there are many healthy nachos on the market, but their preparation is very simple. To do this, simply mix the chickpea flour with water, olive oil, salt, paprika and chia seeds in a bowl until a dough is obtained. Once the dough has the required texture, it is rolled out with a rolling pin and cut into triangles that are baked in a preheated oven at 170° for 15 minutes.

Preparation of guacamole: In a bowl, mash the avocados with a fork along with the tomato and onion. Add salt, olive oil and the juice of half a lemon and lime. Finally, add the Taste Shukran bell pepper hummus and it is ready to serve.



Three simple and healthy recipes that show how hummus is already part of the daily diet thanks to its multiple properties. Taste Shukran advises to follow a balanced diet, practice sports and avoid extra caloric foods to avoid heavy digestions.

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.

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