

MEDITERRANEAN HUMMUS CUP

STEP-BY-STEP



Add yogurt, onion powder, oregano, and garlic to a large bowl or container.



Whisk until thoroughly combined.
Refrigerate a minimum of 3 hours.



In another large bowl or container, combine bell pepper, cucumber, tomato, onion, and lemon juice.



In a 12 oz cup, layer:
#8 disher yogurt
#16 disher hummus



Top with a #8 disher veggie mix.