



Health Professional Resource



HEALTH PROFESSIONAL RESOURCES

### Check Out the NEW Sabra Hummus Wellness & Nutrition RD Toolkit

Nearly nine out of 10 Americans don't eat enough vegetables each day, including nutrient-rich beans. In fact, many people don't even realize beans are a vegetable that can help fill their gap! Sabra has created an RD toolkit to bring to life how 2 spoons of Sabra a day can be a healthy way to meet veggie and bean recommendations. The kit includes more about the health benefits of the beans in Sabra hummus, easy ideas for swapping hummus in meals and snacks, and delicious recipes.

[CLICK HERE TO DOWNLOAD](#) 



SABRA WELLNESS & NUTRITION WEBSITE

### Be the First to Discover Sabra Wellness & Nutrition Online

Sabra is excited to launch a wellness & nutrition section of its website just for you! Discover the health benefits of hummus, take advantage of educational resources, meet our advisory board and stay up-to-date with the latest research and news.

[CLICK HERE TO EXPLORE!](#)



## Flaunt the Flavor of Hummus

Bring the warmth of the Mediterranean to your table this winter with this delicious [Shrimp Bake recipe](#) – it's sure to be a hit!

[CLICK HERE FOR MORE RECIPES!](#)



RECIPES

### UPCOMING EVENTS & ADDITIONAL RESOURCES

[National Nutrition Month March 2015](#)

[Mediterranean Month May 2015](#)

[MyPlate: Beans and Peas are a Unique Food](#)

[VIEW ALL RECIPES](#)



TWO SPOONS OF  
HUMMUS A DAY



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