

Why Hummus??

- It contains omega 3 fatty acids which are a crucial component for health and disease prevention.
- It has important nutrients such as iron, vitamin C, vitamin B6, manganese, and copper.
- It contains Folic Acid which is proven to prevent birth defects when eaten by pregnant women.
- It has a low glycemic value which means it doesn't raise your glucose levels very quickly, leaving you feeling satiated longer.
- It contains essential amino acids such as tryptophan, phenylalanine, and tyrosine which can lead to more satisfying sleep.
- A delicious way to add protein to your diet!

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805.544.6328

