

Mediterranean Hummus Bowl



Prep time: 15 minutes

Cooking time: none

Servings: 4

Ingredients:

- 1 small container (284g / 10oz) prepared hummus
- 1 cup cooked quinoa or couscous
- 2 cups baby spinach
- ½ red onion *sliced*
- ½ pint cherry tomatoes *quartered*
- ½ English cucumber *sliced*
- 1 can chickpeas *drained*
- ½ cup olives *pitted*
- Chopped cilantro *for serving*
- Extra virgin olive oil *for serving*

Directions:

- Assemble all ingredients into 4 separate bowls and enjoy! How simple is that? 😊

Recipe adapted from FeelGoodFoodie. <https://feelgoodfoodie.net/>