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Green Goodness Hummus



Fill up on fibre!

Fibre is an important part of a balanced diet that helps to keep your tummy full and your body moving! Did you know that most Canadians don't eat enough fibre each day? That's because many popular packaged foods are low in fibre and high in sugar, unlike plant foods which are packed with fibre. We want to eat foods such as fruits and vegetables, whole grains, nuts and seeds to get the fibre we need.

These healthy snacks are full of different types of fibre that work together to keep the good bacteria in our gut happy! Fluid helps with the digestion of high fibre foods, so remember to drink lots of water and get plenty of exercise to stay healthy.

Go with the flow!

Chewing on crunchy whole fruits and vegetables will loosen food and bacteria from your teeth. You may ask, why is this important? When food gets stuck in your mouth, it is fuel for bad bacteria to cause tooth decay and gum disease. But, when you chew fibrous foods your saliva flows and this helps to start the breakdown of the food you've eaten and clears factors in the mouth that cause cavities and bleeding gums.

So, show off that SuperChef smile—

by munching on the foods your mouth needs to be healthy and happy! Here's a fun, fibre-filled recipe that goes great with some whole-grain toast or crunchy crackers."

KITCHEN GEAR

- Hand masher
food processor,
or blender
- Small bowl, paring knife

INGREDIENTS

- 2 avocados, peeled and seeded
- 1 can (15-oz) garbanzo beans
(aka chickpeas), rinsed and drained
- 1 large clove garlic, minced
- 1 Tbsp. fresh lemon juice
- 2 Tbsp. extra virgin olive oil, plus
additional for garnish, optional
- 1/2 tsp. salt, or to taste

INSTRUCTIONS

1. Dice half the avocado and set aside.
2. Mash remaining avocado, garbanzo beans, garlic, lemon juice, olive oil and salt together until smooth. (May also puree in blender or food processor.)
3. Scrape hummus out onto a plate and gently stir diced avocado into hummus mixture.
4. Drizzle with avocado or olive oil (if desired), and serve with crackers, raw veggies, or salad, and **ENJOY!**



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References: Dr. Greg Chang, Super Chefs • B.C. Dairy Association. *Make Your Own Yogurt*. Available from: <http://bcdairy.ca/milk/recipes/make-your-own-yogurt/> • Dietitians of Canada, 2014. *Food Sources of Calcium*. Available from: <http://www.dietitians.ca/getattachment/f739d485-d113-4a46-8122-eb2d33730c64/Factsheet-Food-Sources-of-Calcium.pdf.aspx> • Merchang-Turner R. *Remineralization confusion . . . runs rampant in my mind. Where do I begin?* RDH Magazine [Internet]. Available from: <http://www.rdhmag.com/articles/print/volume-29/issue-12/feature/remineralization-confusion-runs-rampant-in-my-mind-where-do-i-begin.html> • Malekafzali B, Ekrami M, Abdolazimi Z. *Remineralizing Effect of Child Formula Dentifrices on Artificial Enamel Caries Using a pH Cycling Model*. J Dent (Tehran). 2015 Jan;12(1):11-7.