



List of Supplies Needed

Fava Bean & Mint Hummus

General

- Recipe
- Apron

Find detailed lesson plans, printable recipes & more at:

[foodliteracycenter.org/recipes](https://www.foodliteracycenter.org/recipes)

Cooking

- Cutting mat/board
- Plastic/butter knife
- Measuring cups & spoons
- Stovetop
- Large pot
- Slotted spoon
- Small knife or fork
- Strainer
- Bowl of ice water
- Food processor or blender

Food & Produce

- Fava beans
- Tahini
- Lemon
- Mint
- Ginger
- Honey
- Olive oil
- Salt
- Pepper

