

# Hummus Toasts 4 Ways

Recipe By Jenna Grunfeld



Cooking and Prep:  10  
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Serves:  2

Contains: 

Preference: Parve

Watch us create these easy, delicious snacks [here!](#)

Difficulty: Easy

Diet: Vegetarian, Vegan,  
Pescetarian, Gluten Free

Source: Kosher.com

Exclusive

Cuisines: Israeli

## Ingredients (20)

### Falafel Toast

- Sabra Classic Hummus
- falafel (store-bought or [homemade](#) or even [gluten-free](#))
- Israeli salad (try this [recipe](#))
- purple cabbage

spiced tahini

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### Sabich Toast

Sabra Roasted Garlic Hummus

roasted eggplant

crispy potato wedges

hard-boiled egg

amba

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### Shawarma Toast

Sabra Roasted Red Pepper Hummus

red onion

shawarma

tabbouleh (try this [recipe](#))

tahini

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### Spicy Za'atar Toast

Sabra Supremely Spicy Hummus

Israeli pickles

roasted chickpeas

black olives

za'atar

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## Start Cooking

### Prepare the Toast

1. Toast your sandwich bread. Spread with desired hummus.
2. Top with your desired toppings.

**Note:**

Use your favorite gluten-free or spelt sandwich bread to make this a gluten-free or low-gluten lunch.