

MA-ME!
 (mah-may)
The Tasty SnackBean®

MA-ME! MIA—Spiced MA-ME! Slightly spicy and full of flavor

- 2 teaspoons Kosher Salt
- ¾ teaspoon Chili Powder
- ½ teaspoon dried Oregano
- ½ teaspoon Red Chili Pepper Flakes
- 12 oz. of MA-ME in pod

Prepare MA-ME according to package directions.

In a separate skillet, combine salt, chili powder and pepper flakes and heat for about 2 minutes.

Add oregano.

Add drained MA-ME to skillet and toss to evenly coat.

Nutrition Facts	
Serving Size 2 oz (57g)	
Servings Per Container 2	
Amount / Serving	
Calories 80	Calories from Fat 36
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 9mg	.4%
Total Carbohydrate 6g	2%
Dietary fiber 2g	10%
Sugars 0g	
Protein 7g	
Vitamin A 0%	Vitamin C 25%
Calcium 10%	Iron 10%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	

MA-ME! Hummus

A lighter fresher taste than regular hummus

- 1 ½ cups shelled MA-ME
- ¼ cup Tahini
- ¼ cup Water
- 1 teaspoon grated Lemon Zest
- 1 Lemon juiced
- 1 Clove Garlic minced
- ¾-1 teaspoon Kosher Salt
- ½ teaspoon ground Cumin
- ¼ teaspoon ground Coriander
- 3 tablespoons Olive Oil
- 1 tablespoon chopped Parsley

Prepare MA-ME according to package directions.

In food processor, puree MA-ME, tahini, water, lemon zest and juice, garlic and spices till smooth.

Switch processor to low and slowly drizzle on olive oil.

Add parsley.

Garnish with lemon slice and parsley to serve.



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Dietary fiber 2g	10%
Sugars 0g	
Protein 7g	
Vitamin A 0%	• Vitamin C 25%
Calcium 10%	• Iron 10%
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Citrus & Spice MA-ME

It's everything nice

- 1 Lemon
- 1 Orange
- 1-2 tablespoons Kosher Salt
- 1-1 ½ Cracked Black Pepper
- 12 oz MA-ME in the pod

Prepare MA-ME according to package directions.

Place MA-ME in a bowl squeeze out juice of both lemon and orange over the beans and toss to coat

Sprinkle on salt and pepper toss again.

Ready to enjoy.

Oriental Dip

This goes great with shrimp, crudité's or oriental chips

- 12 oz package MA-ME shelled
- 1 tablespoon Wasabi powder or paste
- 1 teaspoon salt
- 1 Lemon juiced
- ¼ cup Water
- 3 tablespoons Canola Oil

Prepare MA-ME according to package directions.

Place all ingredients in a food process and blend till smooth.

Ready to serve.

