

You're probably familiar with this brand, because it is widely available in supermarkets today. [Athenos](#) produces a whopping eleven varieties of hummus. If you're not into the traditional garlicky flavor, opt for a mellow flavor like Roasted Eggplant. Perhaps, you're looking for something with a little kick. No problem — try the Spicy Three Pepper flavor. Clearly, there is something to please every palate in the Athenos line of hummus dips. Despite such variety, all flavors share a common texture and general taste. Athenos hummus tends to get dry easily, so it can often feel a bit grainy on the tongue. The taste is always pleasantly salty and flavorful, however.



Nutritionally, Athenos hummus is adequate. Each 2 tablespoon serving provides 3 grams of fat and 50 calories; there is a measly 1 gram of protein and less than one gram of fiber. These are not exactly impressive stats considering other brands deliver more nutrition for fewer calories. Also important to note is that many of the Athenos flavors contain high fructose corn syrup — not exactly a welcome ingredient to the health-conscious.

At about \$3.00 per 7-ounce tub, this hummus is relatively affordable. If you're eating the recommended serving size, it should take a while to finish the tub, and fortunately, there is a generous expiration date to facilitate sporadic dipping.

### Wild Garden

This brand may be a little unfamiliar to you — that's because you won't find it in the deli section with all the other brands. [Wild Garden](#) hummus is a jarred hummus found where you might find bean dip, salsa, or other shelf stable condiments; it requires no refrigeration until opened. There are eight varieties, including Red Hot Chili Pepper, Sun-Dried Tomato, Roasted Red Pepper, and Traditional. Yet again, this is a company aiming to please all taste buds and to prevent hummus boredom.



Wild Garden's taste and texture is top notch. It has the consistency of creamy peanut butter, without the stickiness — no dryness or icky coarse texture here. Some flavors are better than others, however. Traditional, Roasted Garlic, and Roasted Red Pepper are all tasty choices, but Sun-Dried Tomato lacks a distinct tomato flavor. The Red Hot Chili Pepper is hot enough to make you guzzle a Diet Coke in one gulp.

Perhaps the best part of this hummus is its nutrition. Each 2 tablespoon (32 grams) serving has a mere 35 calories and 2 grams of fat, along with 2 grams of protein and 1 gram of fiber. I'd say stats like those qualify this hummus as a nutrition all star!

Wild Garden also takes convenience into account. Not only are their products safe for the pantry until opened, but they also come in individual "To Go" tubes. This makes them perfect for throwing in a backpack or lunch box, no chill pack required.

If you'd like to sample some their chickpea deliciousness, Wild Garden hummus sells for around \$3.00 for a 13-ounce jar; the To Go tubes are usually \$1.29 each. Quite a deal — for the same price as the Athenos tubs, you can get almost twice as much hummus.

### Guiltless Gourmet

[Guiltless Gourmet](#) is perhaps best known for its line of baked chips and snacks, but did you know that they also produce a variety of dips? In addition to salsa and black bean dip, their chip accompaniments include two varieties of hummus: Traditional and Roasted Garlic. These two varieties contain almost identical ingredients; there is just a crucial difference in the amount of garlic flavor.