



38 Burleigh Ave Caringbah NSW
2229 Phone: 02 9501 0326
www.healthinourhands.com.au

RECIPE: HOMMOUS (CHICKPEA DIP)

INGREDIENTS:

- 1 cup uncooked chickpeas (2.5 cups cooked, or use tinned)
- 1/2 cup lemon juice
- 1/2 cup tahini
- 2 cloves garlic, sliced thinly
- 1/2 teaspoon iodised salt

METHOD:

1. Cook chickpeas as per packet instructions (or rinse well if using tinned)
2. Place all ingredients in a food processor and mix until combined (a hand held blender would also work)
3. Garnish with paprika and parsley if desired

Serve with fresh or toasted wholemeal Lebanese bread or enjoy with rice crackers or raw veggie sticks. Refrigerate or freeze.