

STICKS 'N' HUMMUS

425g can chickpeas, drained and rinsed

½ - 1 clove garlic, finely diced

4 tablespoons hulled tahini

Juice of one lemon

2 tablespoons water

2 tablespoons extra virgin olive oil

½ teaspoon cumin powder

½ teaspoon cinnamon powder

Two good pinches of sea salt

Black pepper to taste

Vegetable sticks: carrots, celery, cucumber, green beans, capsicum



Add all of the ingredients into your food processor and process until smooth and creamy. You may have to scrape down the sides a few times to get an even consistency.

Serve with your favourite vegetable sticks.

Source: wellnourished.com.au