



Healthy Plant-based Recipes:

Rainbow Hummus

Base Mix

- 2 x 400g cans of chickpeas
- 4 cloves garlic
- 1 teaspoon salt
- 4 Tablespoons lemon juice (roughly 2 lemons)
- ¼ cup water
- 4 Tablespoons tahini

Beetroot

- 1 cup beetroot diced and roasted
- 1 ½ teaspoons cumin

Pumpkin

- 2 cups pumpkin diced and roasted

Green peas

- 1 cup frozen peas
- 1 cup fresh herbs (eg. parsley and basil) roughly chopped

Method

- Blend all base mix ingredients together until smooth in a food processor or blender. You may need to add a little water if the blender stalls
- Split basic mix into 3 equal parts
- Add one part to the blender and add the purple ingredients and blend until smooth
- Rinse the blender and repeat to make the yellow and green variations