



Hommus Dip / Spread

vegetarian gluten-free nut-free

Ingredients

- 400g tin organic chick peas drained (retain the liquid) and rinsed
- 1 teaspoon crushed garlic
- juice of one lemon (or 1½ tablespoon juice)
- 1 tsp sea salt
- 1 tablespoon whole egg mayonnaise (e.g. Thomy™)

Preparation

1. Place all ingredients into a food processor and mix until a smooth consistency
2. If you want a thinner consistency add some of the retained liquid from the tin of chick peas
3. Lasts 5 days in fridge



Hint

For more flavour add 1-2 slices of roasted, then cooled pumpkin (can leave skin on) and 1-2 tablespoons dukkah. Serve with veggie sticks, wraps chips or use instead of butter as a spread.

Wrap Bread Chips

vegetarian nut-free dairy-free gluten-free (when using gluten-free wraps)

Ingredients

- 1 packet of wraps (low in artificial additives) e.g. Baked Stone Deli Wraps™ or Sorj Wraps™

Preparation

1. Preheat oven grill (220 degrees). Line a baking tray with foil & cut wraps into large triangles
2. Spray both sides of triangles with oil and arrange evenly on tray (may make 2 batches)
3. Grill for about 1 minute until crisp and golden. Using tongs, turn over triangles and crisp the other side.
4. Serve immediately with favourite dip or keep in air-tight container for later.

Hint

Use them in place of potato chips or corn chips.