

RECIPE AND INGREDIENTS



UNICORN HUMMUS



INGREDIENTS

METHOD

1. Blend all ingredients together
2. Adjust consistency with the chickpea water
3. Season to taste with pepper



- 1 tin of chickpeas, drained and juice reserved
- 200g cooked beetroot
- 1 tbsp tahini
- 1 clove garlic peeled



- 1 tbsp olive oil
- 1/2 tsp cumin
- 1/2 tsp paprika
- Juice 1/2 lemon
- Pepper

