



Carrot Hummus

Makes approx. 500g/2 cups

Time: 5 minutes once carrots and chickpeas are cooked*

Ingredients

2 large/180g carrots, chopped, cooked anyway you prefer, I like roasted if I have the oven on

250g/1 cup cooked chickpeas (cook your own or from a can/tin)

20-30 mls water

2 heaped teaspoons tahini

1 teaspoon cumin seeds

1 heaped tablespoon hemp seeds

Optional - 1 small garlic clove, peeled

2-3 teaspoons live apple cider vinegar

2 tablespoons extra virgin olive oil

½ teaspoon salt

Method

Cook the carrots - by roasting (my favourite to intensify the flavour), or steaming, boiling, microwaving - whichever way you prefer. Cook until soft.

If cooking your own chickpeas, follow the packet instructions. *Chickpeas from a can or tin are already cooked.

Put all the ingredients into a food processor or blender and blend until creamy in texture.

If too thick, slowly add more water until you have the desired consistency.

Check the seasoning. Add more salt, cumin, vinegar, tahini, as you like.

Store in the fridge, in an airtight container, for a couple of days or freeze in batches.

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