

COMBINING RIGHT RECIPES

Quick Lunches - STARCHES

Crudites with Hummus - serves 2

400g tin chickpeas or equivalent of dried chickpeas, soaked overnight and cooked
juice of a lemon
4 tbsp extra virgin olive oil
2 tbsp tahini
1 clove garlic, crushed
2 tbsp water
freshly ground black pepper and sea salt to taste

mix all ingredients in blender or food processor until they form a paste. The mixture will keep in the fridge for up to 3 days.

Use sticks of celery and carrot, slices of courgette and cucumber, and spring onions, asparagus (lightly cooked and chilled), broccoli and cauliflower florets. Arrange vegetables on a platter with a bowl of hummus in the middle.