

Spinach Hummus

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food processor
strainer for rinsing chickpeas
measuring cups and spoons
cutting board and knife
citrus juicer
bowl scraper
shallow serving bowl

Do this

with these ingredients

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- 1. Into the food processor, place**
100 g/3.5 oz **fresh spinach leaves**, washed
1 can **drained and rinsed chickpeas**
 $\frac{1}{4}$ cup **lemon juice**
 $\frac{1}{4}$ cup **extra virgin olive or avocado oil**
 $\frac{1}{4}$ cup **tahini**
1 tsp **ground cumin**
1 tsp **unrefined salt**
1 large clove **garlic**, quartered
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- 2. Process** until smooth.
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- 3. Scrape** into the serving bowl and finish with a swirl on top.
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- 4. Garnish** with
handful of **cherry tomatoes** (optional)
handful of **pitted olives of choice** (optional)
sprinkle of **dukkha or chopped herbs**
drizzle **extra virgin olive or avocado oil**
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- 5. Serve** with crackers that can be used as a scoop.
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