



This delicious hummus is both easy to prepare and high in non heme iron and vitamin C.



Ingredients:

- 2 cups cooked chickpeas
- Large bunch cilantro, roughly chopped
- 2 cloves garlic, roughly chopped
- 2 lemons, juiced
- 1tbsp tahini
- 3tbsp olive oil
- Salt for flavor

TIPS

- This recipe can be adjusted to suit your taste by adding more or less garlic, lemon and tahini.
- Using dried chickpeas that you have cooked yourself will provide you with a nicer texture and taste, however tinned chickpeas are quick and easy, just remember to drain and rinse them before use!
- If cilantro isn't your herb of choice, mix it up and try chives, basil, or parsley (another great source of iron).
- Just before serving add 1 small vine ripened tomato, finely chopped, for extra flavor and vitamin C!

PREPARATIONS:

Mix all the ingredients, together in a food processor and blend to a consistency you like. Then add tomatoes and mix with a spoon.

SERVER:

Great on sandwiches, crackers or as a dip with vegetable sticks.

