



AVOCADO & SPINACH HUMMUS WITH VEGGIE DIPPERS



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Preparation 15 mins | Makes 2 cups

400g can chickpeas, drained and rinsed
1 medium ripe avocado, peeled and seed removed
40g baby spinach leaves
¼ cup lemon juice
⅓ extra virgin olive oil
1 tbs water
1 garlic clove, finely minced
1 tbs tahini

To serve:

peeled Dutch carrots, Lebanese cucumber and celery sticks and natural corn chips

STEP 1 To make avocado & spinach hummus, place chickpeas, avocado, spinach, lemon juice, oil, water, garlic and tahini into a food processor. Season with salt and pepper. Process until smooth and well combined. Spoon into a serving bowl.

STEP 2 Serve the dip with Dutch carrots, sliced cucumber, celery sticks and natural corn chips.

Good for you... AVOCADOS

Avocados are one of the few fruits that contain some fat, but it's 'good' fat that is essential for health. Top of the fruit and vegetable class for vitamin E, a vitamin needed for healthy red blood cells. A good source of vitamin C, that helps keep gums and teeth healthy.



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