



FESTIVAL SNACKS

LIFE SAVING DIPS

Hummus

Everyone loves hummus , it's a great little snack that can be prepped in advance, will keep in the fridge for a few days too.

Great served with sugars snap peas, cherry tomatoes, slices of carrot and cucumber, baby carrots and corn along with bread / rice cakes/ pitta .

2 cloves garlic

1 can chick peas

1/3 cup Tahini

Juice of a lemon

½ teaspoon Cumin powder

Olive oil

Pinch pink Himalayan Salt

Black Pepper

½ -1 teaspoon Harissa paste (optional but does add a lovely subtle spice)

Also great to add a roasted beetroot for beetroot hummus I omit the harissa when making this one , fabulous colour and taste ,

Blitz all in a food processor and adjust seasonings, add a little more oil if needed .



Guacamole

One of my favourites , great within a loaded pitta or to dollop on the side

this will make approx four table spoons

2 ripe Avocados

2 lime wedges juiced

½ small red onion finely chopped

1 closed crushed garlic

Chopped Coriander

Pinch Himalayan salt

Black Pepper

Pulse in a food processor to keep texture coarse rather than too smooth.

Pea & Cannellini

1 tin Canellini beans

1 cup cooked frozen peas

1/2 lemon juiced

1 clove crushed garlic

Fresh chopped mint

Pinch pink Himalayan salt

Pepper

Olive oil

Blend all in a food processor

