

FIONA TUCK

NUTRITION WELLNESS YOGA



Crunchy Combo Hummus

Ingredients:

1 punnet Aussie Sprouts Crunchy Combo
1 clove garlic
¼ cup tahini
2 tsp ground cumin
¼ tsp salt
2 tbsp lemon juice
¼ cup extra virgin olive oil
¼ cup water

Prep: 5 mins

Cook: 0 mins

Serves: 4

Directions:

1. Place Crunchy Combo and garlic in a food processor and process until very finely chopped.
 2. Add all other ingredients and process until smooth. Add a little more water if hummus is too thick.
 3. Serve hummus with pita bread or veggie sticks.
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Image courtesy of Aussie Sprouts, for more information please visit:

<https://aussiesprouts.com.au/>

