



 Dairy Free

 Vegetarian

 Gluten-free

Prep Time: 7 min

Serving size: 10-12

Cook Time: 0 min

Pregnancy Friendly Hummus

A tahini free pregnancy friendly hummus! If you didn't already know it is now recommended by Food Standards Australia New Zealand (FSANZ) to avoid tahini during pregnancy due to increased risk of food borne pathogens.

INGREDIENTS

- ¼ cup cashews (soaked in water for 2+ hours to soften)
- 1 can chickpeas (drained & rinsed)
- 1 clove garlic
- ⅓ cup extra virgin olive oil (EVOO)
- 1 tsp cumin
- 1 tsp paprika
- 1 tbsp lemon juice

METHOD

1. Add all ingredients into a high speed blender and blend until smooth and creamy.

TIPS & NOTES

To soften the cashews soak in 1 cup of water overnight or for a minimum of 2 hours prior.

Storage: In an airtight container in the fridge for up to 3 days.