



# CARROT HUMMUS

<b>Season:</b>	autumn
<b>From the garden:</b>	carrots or other root veg or pumpkin
<b>Type:</b>	entree
<b>Difficulty:</b>	easy
<b>Serves:</b>	2-3 adults, 6-8 tastes

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## Equipment

- Peeler
- Measuring cups and spoons
- Chopping board
- Kitchen knife
- Saucepan with lid
- Wooden spoon
- Can opener
- Blender

## Ingredients

- 1 large or 2-3 medium carrots
  - 1tbsp olive oil or butter
  - ¼ tsp cumin
  - ¼ tsp coriander
  - 1 clove garlic
  - 1 tsp tahini
  - 1 can chickpeas
  - ¼ cup of extra virgin olive oil
  - ½ lemon, juiced
  - Salt and pepper to taste
- Option - add 1 cup of natural yoghurt
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## How to make it:

1. Peel and cut carrots into small pieces.
2. Cook in oil plus 2 tbsps of water with lid on til soft.
3. Add all ingredients to blender and blend till smooth
4. Add more oil if needed. Check seasoning to taste.