

## ***Chickpea Greens spread***



- 1 pack Chickpeas, drained***
- 1 carrot, peeled and chopped into small pieces***
- 2 small red onions, peeled and roughly chopped***
- 2 handfuls of kale/spinach/ pak choi (option of your choice)***
- 2 tbsps nutritional yeast***
- 3tbsps tahini***
- Juice ½ lemon***
- 2tsp dijon mustard***
- ½ tsp curry powder***
- ½ tsp ground cumin***
- Pinch himalayan salt***
- Pinch Black Pepper***
- 2tsp dried parsley (can use fresh)***

*(spices can be altered to taste)*

*Add all ingredients to food processor and blend until combined but slightly chunky for texture.*

*Perfect for crackers, wraps and sandwich fillings. Store in Fridge.*