

# Carrot Hummus

Recipe recommended by Dominique Ludwig  
BANT Registered Nutritionist ®



## MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	684 kj	8%
Energy (kcal)	165 kcal	8%
Fat	13g	19%
<i>of which saturates</i>	2.1g	11%
Carbohydrate	5.7g	2%
<i>of which sugars</i>	4.2g	5%
Fibre	2.8g	11%
Protein	3.7g	7%
Salt	0.57g	10%

Generated by Nutritics v5.61

### INGREDIENTS:

- 350g raw, peeled carrots
- 1 clove of garlic
- 2 tablespoons of lemon juice
- 30g sunflower seeds, soaked
- 2 tablespoons extra virgin olive oil
- 1 teaspoon whole cumin seeds
- 2 tablespoons tahini (**SESAME**)
- ½ level teaspoon Himalayan salt

### OPTIONAL EXTRAS:

Add a sprinkle of nigella seeds for garnish

### METHOD:

1. Put all the ingredients into a food processor and blitz or pulse for around 60 seconds until smooth. The finished result should be grainy rather than smooth.
2. Store in the fridge for up to 3 days.

### ALLERGENS



SESAME

### MODIFY

### CREDIT

Recipe by: Dominique Ludwig  
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