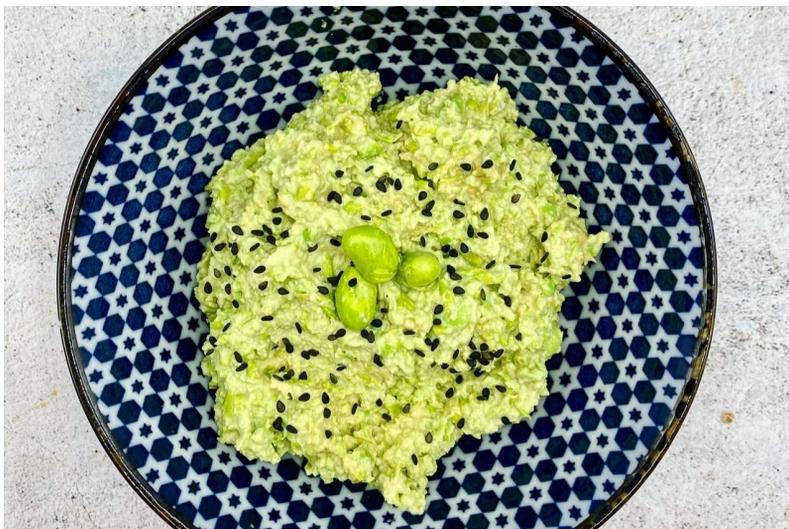


Edamame Hummus

Recipe recommended by Dominique Ludwig
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	834 kj	10%
Energy (kcal)	201kcal	10%
Fat	16g	23%
of which saturates	1.8g	9%
Carbohydrate	4.1g	2%
of which sugars	1.7g	2%
Fibre	3.1g	12%
Protein	9.2g	18%
Salt	1g	17%

Generated by Nutritics v5.61

INGREDIENTS:

- 300g edamame beans, defrosted (**SOYA**)
- 50g tahini paste (**SESAME**)
- 3 tablespoons lemon juice
- 1 clove garlic
- 1 tablespoon tamari soya sauce (**SOYA**)
- pinch of Himalayan salt
- 1 tablespoon extra virgin olive oil
- 1 tablespoon toasted sesame oil (**SESAME**)
- If required, 1-2 tablespoon cold water

METHOD:

1. Add all the ingredients to a food processor and process for around 60 seconds on a medium high speed until soft and well combined.

ALLERGENS



SOYA



SESAME

MODIFY

Add a couple of edamame beans and a sprinkle of nigella seed for texture

CREDIT

Recipe by: Dominique Ludwig
Photo by: Dominique Ludwig