



10 Day Alkaline Challenge

Menu Plan - Day 9

Additional recipe

Homemade hummus - Serves 2

INGREDIENTS:

150g tinned chickpeas
1/2 garlic clove, crushed
2 tsp tahini paste
25ml vegetable stock
2 tsp flaxseed oil
1 tbsp freshly squeezed lemon juice
sea salt & pepper to season



METHOD:

1. Blend together the chickpeas, garlic, tahini, vegetable stock, oil and lemon juice
2. Add in the sea salt and pepper to season and blend once more
3. Spoon into a small bowl and place to one side ready to serve

NOTE: Hummus is a versatile lentil based food that can be used as a spread, dip or topping in a wide variety of snacks and meals so make batches and use for other dishes

