



Chickpea wrap

Serve fresh or delicious toasted in a sandwich press. Serves 2.

INGREDIENTS



- 420g can chickpeas, no added salt, rinsed
- Generous handful of fresh herbs
- 4 tbsp of tahini (sesame paste, leave out if unavailable)
- 1/4 small avocado
- Baby spinach (or other salad leaves)
- Sliced tomato
- 2 large whole-wheat tortillas (or other wholemeal wraps)

METHOD



- Mash chickpeas, avocado, herbs, tahini together in a bowl.
- Lay spinach on to wrap, add a generous scoop of chickpea mixture, then tomato slices.



Roast pumpkin dip

Enjoy with chopped veggies or spread on a wholemeal cracker.

INGREDIENTS



- 420g can chickpeas, no added salt, rinsed
- 1 cup chopped roast pumpkin
- 4 tbsp of tahini (sesame paste, leave out if unavailable)
- Juice of 1 lemon
- 1 tsp cumin (leave out if unavailable)

METHOD



- Put all ingredients in a food processor, process until smooth. Add a dash of water if it is too thick.