

Both of the following are delicious served as dips with raw vegetable sticks, or use firm lettuce leaves such as Romaine, Coz or Little Gem as a scoop. You can also spread them on rice cakes, oat cakes, Ryvita or rye toast, or as topping for steamed vegetables.

COURGETTE HUMMUS

1 medium courgette
2 tablespoons lemon juice
½ tsp. garlic powder (or ½ - 1 clove fresh garlic)
1 tsp paprika (can do half smoked, half normal)
¼ tsp. ground cumin
1 tsp Himalayan crystal salt
Pinch of cayenne pepper
6 tablespoons sesame seeds, soaked for 4 hours, drained and rinsed
6 tablespoons tahini

1. Combine all the ingredients except the tahini & sesame seeds in a high speed blender and blend until smooth
2. Add the sesame seeds and blend again until smooth and creamy
3. Add the tahini and blend again
4. Serve with lettuce leaves, vegetable crudités, flax crackers, rice cakes, or use as topping for steamed or roasted veg

SIMPLE GUACAMOLE

1 ripe avocado
1 tomato
¼ an onion or 1 spring onion
1 small red chilli (or you can just use a few drops of Tabasco)
Juice of ½ lemon
Chopped fresh coriander

Mash the avocado with a fork, add rest of the ingredients and mix. If you prefer a creamier texture you can pop it into a blender for a few seconds.