

# Carrot and chickpea dip

Serves 10

## Ingredients

- 2 medium carrots
- 1 x 400g can chickpeas, no added salt,
- 1 clove garlic
- 1 tablespoon tahini (avoid if any sesame seed allergies)
- ¼ cup orange juice
- 2 tablespoons olive oil



## Method

1. Grate carrots.
2. Drain and rinse chickpeas.
3. Add all ingredients to a blender and mix until smooth.
4. Serve with vegetable crudité's or pita crisps.

NUTRITION INFORMATION		
Servings per recipe: 10		
Average serving size: 69g		
	Per serve	Per 100g
Kilojoules (kJ)	383	555
Protein (g)	2.6	3.7
Total fat (g)	5.9	8.5
- Saturated fat (g)	0.8	1.2
Carbohydrates (g)	5.9	8.5
- Sugars (g)	2.0	2.9
Fibre (g)	2.8	4.0
Sodium (mg)	87	126

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines