



Raw vegetable crudites with 'pretend' houmous

This recipe makes for a delicious and well-rounded snack or even a side dish to a main meal. Perhaps you are entertaining an overwhelming amount of people? Stick this on the table and wait for them to get stuck in! Warming and light, this dish makes for an excellent choice either in the hottest summer months around the barbeque or the frostiest winter days when you're in need of a pick-me-up.

Ingredients

- 1 medium courgette, peeled and chopped
- 1/2 cup tahini
- 2 cloves garlic
- 1 TBS lemon juice
- 1/4 TBS cumin powder
- Crudites - celery, carrot and red/green peppers



Serves 1

Method



1. Put the courgette, tahini, garlic, lemon juice and cumin into a blender and whizz until smooth
2. Serve in a bowl with batons of celery, carrot and peppers

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