Dip plate – carrot and chickpea dip

Preparation time

30 minutes

Serves

4

Recipe courtesy of

Nutrition Australia ACT

This recipe featured in the 2017 Australia's Health Weight Week, APD Cookbook, created in collaboration with Dietitians Australia and Nutrition Australia, ACT.



Ingredients Method Nutrition

2 medium carrots

400g can chickpeas, no added salt, drained and rinsed

1 clove garlic

1 tbsp tahini (avoid is any sesame seed allergies)

1/4 cup orange juice

2 tbsp extra virgin olive oil

1. Add all ingredients to a blender and mix until smooth

Nutritional information is provided per serve

Engery	1074kJ (257 calories)
Protein	8g
Saturated Fat	2g
Total Fat	14g
Carbohydrates	19g
Sugars	6g
Dietary Fibre	9g
Sodium	285mg