

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 if 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

Energy 1074kJ (257 calories)

Protein 8g

Saturated Fat 2g

Total Fat 14g

Carbohydrates 19g

Sugars 6g

Dietary Fibre 9g

Sodium 285mg