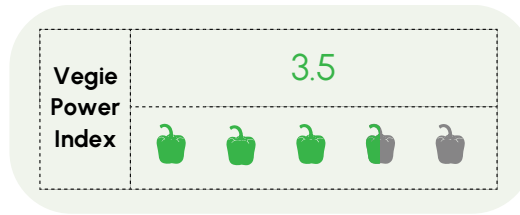


Tangy chickpea dip



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

PREP/COOKING TIME: 15 MINUTES

BASED ON: 10 SERVES

INGREDIENTS

	SERVES 10	SERVES 25	SERVES 50
Canned chickpeas, drained	515 g	1.3 kg	2.6 kg
Reduced-fat natural yoghurt	¾ cup	2 cups	4 cups
Fresh coriander, chopped	2 tsp	4 tsp	8 tsp
Dried cumin	1 tsp	2 tsp	4 tsp
Lemon juice	2 Tbsp	4 Tbsp	8 Tbsp

METHOD

1. Puree chickpeas and fold through remaining ingredients
2. Refrigerate!
3. When required, serve with fresh vegetable sticks