

MACADAMIA HUMMUS



www.iorganic.co.za

Recipe



MACADAMIA HUMMUS

FOR THE HUMMUS

230g Macadamia Nuts - roasted and salted
1x 410g Canned Chickpeas - strained and rinsed
1-2 cloves fresh garlic
2 tablespoon lemon juice - freshly squeezed
2 tablespoon olive oil
½ teaspoon black pepper
¼ teaspoon fine sea salt
2-4 tablespoon water

www.iorganic.co.za

Recipe



MACADAMIA HUMMUS

FOR THE PINEAPPLE SALSA

½ cup pineapple - cut into very small pieces
2 tablespoon Red onion - finely diced
1 tablespoon Fresh Chilli - finely diced
1 tablespoon fresh cilantro - finely chopped

www.iorganic.co.za

Recipe



MACADAMIA HUMMUS

Process the macadamia nuts in a food processor until it looks like a grainy nut butter.

Add in the remaining ingredients except for the water. Process until it becomes a very smooth, but thick paste. This should take about 2 minutes.

Gradually add in the water about a tablespoon at a time until it becomes lighter and super smooth and the consistency you like. Taste and season again if needed.

Spoon the hummus into a serving dish and top with the pineapple salsa. Serve with Pita Bread cut into wedges or layer on wraps along with some cheese, lettuce and roasted red pepper for a fantastic lunch!

www.iorganic.co.za