

Herbal Legacy Recipes

Carrot Hummus Loaf

This recipe is from Dining in the Raw

INGREDIENTS:

3 cups raw chickpea hummus
(soak peas 12 hours and make up
hummus with)

- 2-4 cloves of garlic
- ½ cup of water, ¼ to ½ cup tahini
- 2 Tablespoons liquid aminos
- ¼ cup lemon juice
- 4 Tablespoons chopped parsley
- and 2-4 Tablespoons olive oil)



To the hummus add:

- 2 large carrots, finely shredded
- 1 stalk celery, minced

DIRECTIONS:

Combine hummus, carrots and celery to form a loaf. Garnish with minced celery

Make “crackers” by slicing zucchini, cucumbers, bell pepper, jicama even carrots in thick pieces. Then serve slices of the loaf on “veggie” crackers or pita wedges.

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