

Warrigal Greens Hummus

You can use cooked chickpeas if you prefer.

Ingredients

1½ cups sunflower seeds (soaked for 3 hours)
½ cup tahini
½ cup lemon juice
1 tsp salt
¼ tsp cayenne pepper
½ to ¾ cup filtered water
2 tbsp nutritional yeast
1 bunch Warrigal greens
Olive oil to serve
1 tbsp toasted sunflower seeds to serve

Method

1. Pick the leaves of the Warrigal greens off the stalks. Place the leaves in a saucepan and put on the heat until the leaves are wilted. You won't need water in the saucepan as the leaves will produce enough to stop them from sticking on the bottom of the pan.
2. Place the sunflower seeds in a food processor and blitz until they are broken down. Add the cooked greens, tahini, water, salt, cayenne and nutritional yeast and process until smooth (ish).
3. Add the lemon juice to taste and combine with a few pulses.
4. Serve in a bowl with a splash of olive oil and a sprinkling of the toasted sunflower seeds.



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