



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 10 mins

Cook time: 5 mins

Serves: 8

INGREDIENTS

- 3 cups water
- ¼ tsp baking soda
- 1 cup lupin flakes
- Juice and zest of 1 lemon
- 2 tbsp olive oil
- 1/3 cup tahini
- 2 cloves garlic, minced
- 1 tsp smoked paprika

LUPIN FLAKES **HUMMUS**



- 1/2 tsp cumin powder
- 1 tsp pink rock salt
- Fresh black pepper
- 2 tsp natvia, or sweetener
- 1/4 cup cold water
- **Garnish**
- Chopped parsley
- Smoked paprika

METHOD

- Pour water into a pot and bring to the boil, add baking soda and lupin flakes.
- Boil for 5 minutes, stirring all the time (lower heat if foaming excessive).
- Pour into a strainer, rinse and set aside.
- In a blender / processor add cooled lupin flakes, lemon juice, oil, tahini, garlic, paprika, cumin, salt and pepper.
- Process for 1 minute, scrape down sides, add cold water and natvia, and process until smooth.
- Pour into a serving bowl, garnish with lemon zest, parsley and / or smoked paprika and serve with carrot and celery sticks.

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