

LUPIN KIBBLE HUMMOUS

Gluten Free Dairy Free Low
Chemical

Makes ~ 2 cups

Ingredients:

100g (2/3 cup) lupin kibble
2 cups (500ml) hot water
~3 cups water for boiling
½ cup chopped leek
5g (1 tsp) bicarbonate of soda
200ml ice-cold water
1 Tbsp rice bran oil
70 g raw cashews
2 cloves garlic
½ tsp citric acid
¼ tsp iodised salt



Method:

- Soak the lupin kibble in the hot water for 20 minutes and then drain
- Add the drained kibble, bicarb soda and the chopped leek to a large saucepan with about 3 cups of water
- Simmer for 15 minutes or until soft
- Keep a watch, as the water can rise and come over the top of the pan
- Drain the kibble mixture in a sieve with more water
- Place the soft lupin and leek mixture into a food processor with the ice-cold water and the remaining ingredients and blitz until it is a smooth, creamy paste

Serve:

- It can be used as a dip with celery, green beans or suitable crackers
- It can be spread onto sandwiches or wraps to add flavour
- Use with chicken or lamb dishes