

HEALING HUMUS

RAINBOW SNACK PLATTER

serves: 4-6 | preparation time: 20 minutes | cooking time: 30 minutes

A chickpea is such a humble ingredient with the ability to be as adaptable as a chameleon. A great lesson for us to take on in our lives. Hummus is my go-to recipe – I make a batch at least once a week and eat it with vegetables (raw and roasted) or just on toast with some greens. It's a safety net to make sure that I have something quick to eat that is good for me. A great way to turn it into something more spectacular is to serve it with this rainbow platter. There is a vast variety of amazing fruits and vegetables available. Each one offers a new flavour, texture and nutritional value. Let your creativity flow and choose the amount you need to fill your platter. I treat the ingredients with integrity and either serve them raw, blanched or roasted. When I roast the vegetables, I use just enough coconut oil to coat them and add salt and pepper or fun spices such as turmeric and paprika. Roast the veg until soft, gooey and golden.

HUMMUS

250 GRAMS CHICKPEAS, COOKED (SEE PAGE 24)

2 TABLESPOONS TAHINI

7 TABLESPOONS OLIVE OIL

1 CLOVE GARLIC, PEELED

1/2 TEASPOON GRATED FRESH TURMERIC

OR 1 TEASPOON

GROUND TURMERIC

1/2 TEASPOON GRATED FRESH GINGER

1/4 TEASPOON CAYENNE PEPPER

1 LEMON, JUICED

SALT AND PEPPER

For the hummus, place all the ingredients into a blender and blend until smooth. Season to taste.

Serve with a rainbow selection of vegetables and fruits, as suggested below, and garnish as desired.

RAINBOW PLATTER IDEAS:

RED

STRAWBERRIES, HALVED

BEETROOT, BOILED AND THEN PEELED

RED PEPPER, SEEDED AND SLICED

RADISHES, SOME SLICED AND SOME

SERVED WHOLE

ROSA TOMATOES, HALVED

RASPBERRIES

GUAVAS, SLICED

PURPLE

PURPLE FIGS, SOME HALVED AND
SOME SERVED WHOLE
PASSION FRUIT, HALVED
PURPLE BABY CARROTS, SCRUBBED
AND HALVED LENGTHWAYS

YELLOW

YELLOW PEPPER, SEEDED AND SLICED
MANGO, PEELED AND SLICED OR CUT
INTO CUBES
GOOSEBERRIES, WHOLE
BABY POTATOES, SCRUBBED, HALVED
AND ROASTED

GREEN

BROCCOLI, BLANCHED

CUCUMBER, SLICED INTO ROUNDS

ROCKET, DRIZZLED IN OLIVE OIL

OLIVES, IN A BOWL OF OLIVE OIL

ORANGE

BUTTERNUT, SLICED INTO DISCS,

SKIN ON AND ROASTED UNTIL

GOLDEN AND DELICIOUS

CARROTS, SCRUBBED AND CUT INTO

BITE-SIZE STICKS

ORANGES, SLICED OR SEGMENTED

BLUEBERRIES