



CHICKPEA SUNFLOWER SPREAD

10 minutes | makes approximately 2 cups

INGREDIENTS

1 400 ml. can of chickpeas, rinsed and drained
3 tbsp water
2 tbsp lemon juice
1 tbsp dijon mustard
1 tbsp extra virgin olive oil
1/2 cup | 75 gr. sunflower seeds
1/4 small red onion
1 small garlic clove, central germ removed
1 tbsp chopped chives (a small bunch of sprigs)
2 tsp kelp powder (optional)
1/2 tsp sea salt

STEP BY STEP

Start by gathering, preparing and measuring all of the ingredients. This will improve your dynamic in the kitchen.

1. Add the sunflower seeds, red onion, garlic, chives, kelp and sea salt to processor and pulse a few times, until you get a crumbly, even mixture. Set aside.
2. Tip the rinsed and drained chickpeas into a deep plate and mash them with a fork until they turn into a thick paste.
3. Add the water, lemon juice, mustard, olive oil and sea salt and mix well to combine.
4. Fold in the sunflower seed mix.
5. Taste and adjust the seasonings. Add more water if necessary.
6. Store the spread in an airtight container in the fridge for up to 3 days.



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