

## Hommus

1 can chickpeas rinsed

2 tablespoons tahini

2 -3 garlic cloves

1/2 lemon juiced

1 teaspoon ground cumin

Herbamare to taste

Water, to achieve desired consistency

Drain & rinse chickpeas.

Mix all ingredients in a food processor until smooth, add water to achieve desired consistency.

Serve with vegetable sticks.

Add a cup of roasted pumpkin or roasted beetroot for variety.

## Red Lentil Dahl

1 cup red lentils soak for 5 mins

2 large tomatoes diced

1 onion diced

2 cups veges diced

Fresh garlic & ginger diced

1 teaspoon cumin

Herbamere - healthy salt

Rinse the lentils.

Place all the ingredients in a large saucepan, except veges & cover with 2 cups of water.

Place the veges on top of the lentils but do NOT mix.

Cook on low until veges are soft and lentils are mushy - mix well.

This is an easy one pot meal.

## Banana & Oat Cookies

2 large bananas

1/2 cup of oats

cinnamon

Heat the oven to 180 degrees.

Mash the bananas with a masher or in a food processor.

Add the oats & cinnamon and mix well.

Drop teaspoons of mixture onto a tray lined with baking paper.

Bake for about 30 minutes until a golden colour.

- Legumes are beans & lentils
- They contain protein & complex carbohydrates
- Complex carbs are full of fibre and are an excellent food for diabetics and people who want to lose weight

