

EXTRA GARLICKY CANNELLINI HUMMUS

INGREDIENTS

- 1 Can Cannellini Beans, drained and rinsed
- 2 tablespoons tahini, omit if avoiding sesame
- Olive oil to preferred consistency, 60ml for dip, 100ml-200ml for salad dressing!
- Juice of 2 lemons, add more if you like it lemony!
- 2 large/3 small garlic cloves, add more if you love garlic!
- Salt to taste

METHOD

- Blend Cannellini Beans, tahini and olive oil in a bullet or food processor
- Add one clove of garlic and juice of one lemon and blend until smooth
- Continue to add garlic and lemon juice until it tastes good!
 - Adventurers enjoy about juice of 2 ½ lemons and 2 large cloves of garlic!
- Add olive oil to desired consistency and salt to taste!
- Enjoy!



Cannellini Beans

- 💪 **Helps muscles grow** – full of **plant protein**
- 🧠 **Good for your brain** – contains **Iron** and **Folate (Vitamin B9)**
- ❤️ **Healthy heart** – has **fibre** and **potassium**
- 🌱 **Happy tummy** – lots of **fibre** to help digestion
- ⚡ **Gives you energy to play** – contains **B vitamins** (like **Vitamin B1**)
- 🩸 **Helps carry oxygen around your body** – **Iron** keeps your blood healthy
- 🌀 **Keeps you feeling full** – great for steady energy and no snack attacks



Lemon Juice

- 🍋 **Helps your body fight germs** - packed with **Vitamin C**
- 🛡️ **Keeps your immune system strong** - **Vitamin C** helps protect you from colds
- 💧 **Helps your body absorb iron** - **Vitamin C** makes it easier to use **Iron** from food
- 🌱 **Good for digestion** - the sour juice can help your tummy break down food
- ❤️ **Protects your cells** - has **antioxidants** that keep your body healthy
- 💧 **Helps keep you hydrated** - tastes great in water, making it easier to drink more



Garlic

- 💧 **Helps fight germs** – contains **Vitamin C** to support your immune system
- 💪 **Keeps your body working well** – has **Vitamin B6** to help your brain and muscles
- 🦴 **Helps keep bones strong** – contains **Manganese**
- ❤️ **Good for your heart** – has **antioxidants** that protect your body's cells
- 👃 **Adds flavour without salt** – making healthy food extra tasty
- 🌿 **Special natural plant powers** – garlic has **allicin**, which helps keep your body healthy



Tahini

- 🦴 **Helps build strong bones and teeth** – rich in **Calcium**
- 💪 **Helps muscles work and grow** – contains **Protein and Magnesium**
- 🧠 **Helps your brain stay focused** – has **B vitamins (like B1 and B6)**
- ❤️ **Good for your heart** – full of **healthy fats**
- 💧 **Keeps your body balanced** – contains **Potassium**
- 🌿 **Gives your body energy** – healthy fats help you stay full and energised
- 🔴 **Helps your body make red blood cells** – contains **Iron**



Olive Oil

- 🟢 **Gives your body healthy fats** – helps you grow and keeps you full of energy
- ❤️ **Good for your heart** – full of **monounsaturated fats** (a healthy type of fat)
- ★ **Protects your body's cells** – contains **Vitamin E**, an antioxidant
- 💪 **Helps your body fight germs** – **Vitamin E** supports your immune system
- 🧠 **Helps your brain work well** – healthy fats support brain development
- 👃 **Makes food taste extra yummy** – great for salad dressings or cooking