

Kale Hommus

Workstation:

Equipment

Measuring cups
Measuring spoon
Colander
Bowl
Food processor
Juicer
Chopping board
Non slip mat
Knife

Ingredients

4 cups kale
1 can of chickpeas
1/4 cup olive oil
1/3 cup fresh lemon juice
5 cloves garlic
1/4 cup tahini
1 tsp sea salt

Method

1. **Wash** kale
2. **Remove** kale leaves from stalks
3. **Peel** garlic
4. **Juice** lemon
5. **Drain** chickpeas save liquid in case you need it later
6. **Add** kale, chickpeas, olive oil, lemon juice, garlic, tahini and salt into a food processor
7. **Process** until smooth
8. If hommus is too thick **add** chickpea liquid a little at a time until hommus is correct thickness
9. Enjoy