



Ingredients

250g artichoke hearts (see 'How to Prepare' on our website)
400g chickpeas, drained
3 cloves garlic, crushed
Juice of ½ lemon,
1 tablespoon extra virgin olive oil
¼ cup pine nuts, toasted
2 tablespoons tahini (sesame seed paste)
Salt to taste

Extra virgin oil (extra)

How to Prepare

1. Wash and sterilise a 400ml jar and dry.
2. Place all ingredients in a blender and blend until smooth.
3. Put the paste in the clean jar and top with extra virgin oil to preserve. Keep spread in the fridge to last longer.
4. This spread is ideal with crackers or toast.

Note: This spread should last for more than a week in the fridge.

