Chickpea Dip



Prep time	10 minutes
Allergy / Intolerance	Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	Amines Challenge, RPAH Elimination Diet - Amines Allowed, RPAH Elimination Diet - Moderate Chemical
Meal type	Savoury Snack
Misc	Child Friendly, Pre-preparable, Serve Cold
Occasion	Casual Party, Picnic

Ingredients

- 400g Chickpeas (drained and rinsed)
- 1/2 Pear (peeled and cored)
- 1 teaspoon Minced garlic
- 1/2 cup Low fat natural yogurt
- pinch Salt

Directions

1. Combine all the ingredients in a blender and process for about 30 seconds.
2. Store in the fridge in an airtight container until ready to serve.

Note

Low Salicylates, Low Glutamates, Amines