Cucumber and Chickpea Dip



Prep time	2 hours, 10 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - Moderate Chemical, Salicylate Challenge
Meal type	Savoury Snack
Misc	Child Friendly, Pre-preparable, Serve Cold
Occasion	Casual Party, Picnic

Ingredients

- 4 cloves Garlic (peeled)
- 1/4 teaspoon Citric acid
- 1 teaspoon Sunflower oil
- 400g Chickpeas (drained and rinsed)
- 1 Cucumber (peeled and coarsley chopped)
- Salt (to taste)

Directions

1. Place the garlic, citric acid and oil into a blender or food processor. Blend until the garlic is finely minced.
2. Add the chickpeas and cucumber, puree until smooth then season with salt to taste and blend to mix.
3. Pour into a serving dish and refrigerate for 1 to 2 hours to allow the flavours to blend.

Note

Moderate Salicylate, Low Amines, Low Glutamates