

PEA SMASH

An alternative to hummus or guacamole, this high protein dip is great to add to salads, sandwiches and snacks.

 15 minutes 6 portions

INGREDIENTS

- 700 grams of peas, raw
- 300 grams of fresh edamame beans (green soya beans)
- 10 leaves of basil, fresh (5 g)
- 1 tablespoon of oil, olive (11 g) **or** 1 tablespoon of oil, rapeseed (11 g)
- 7 Tablespoons of marigold Health Foods Engevita B12 Nutritional Yeast Flakes (25 g)
- 3 cloves of garlic, raw (9 g)
- 1 level teaspoon of salt (5 g)
- 1 level teaspoon of pepper, black (2 g)
- 2 measures of lemon juice, fresh (20 g)

COOKING METHOD

- 1° measure out ingredients, thaw out if using frozen
- 2° mix in blender or food processor until combined
- 3° store in fridge, covered for up to 3 days

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (179 g)	% DRI
ENERGY	125 kcal	224 kcal	11 %
PROTEIN	10 g	17 g	35 %
CARBOHYDRATE	10 g	17 g	7 %
SUGARS	2 g	3 g	3 %
FAT	5 g	10 g	14 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	4 %
FIBER	4 g	7 g	29 %
SODIUM	186 mg	333 mg	14 %