

BEST HEMP BABA GANOUSH

vegan, gluten free, dairy free, sugar free

Prep time: 2 mins, Cook time: 15 mins | serves 4

This dip is amazing! The nutty flavour of the hemp seeds really pulls the recipe together. Let the magic of hemp bring you an abundance of essential nutrients. A perfect dip to have in the fridge and pull out when your guests arrive. Crisp up some bread of your choice.



INGREDIENTS

1 medium - large eggplant

1 1/2 tbs tahini

1/2 tsp cumin

1/2 lemon

1 large garlic clove

1 tbs hemp oil

sea salt

black pepper

parsley

toasted hemp seeds

METHOD

1. Place the eggplant over a naked flame and cook for 15 minutes turning frequently, until the outside is charred and the inside is soft.
2. Cut the eggplant open and scoop the flesh into a bowl, squeeze in the lemon and crush in the garlic. Add the cumin, hemp oil, tahini and a good pinch each of salt and pepper.
3. Serve topped with hemp seeds, parsley and pomegranate.

<https://flannerys.com.au/recipes/best-baba-ganoush/>

Nicole Hohmann, is the nutritionist at Flannerys Organic & Wholefood Market which has stores in Lane Cove, Crows Nest and Mona Vale. The stores offer a huge range of products including certified organic and seasonal fruit and vegetables, free naturopath advice and practitioner only products, great skincare options that are vegan, cruelty-free and non-toxic, gluten free breads, pastries and snack foods.

*For more information and delicious recipes, visit **flannerys.com.au** or visit the Lane Cove store at 62 Burns Bay Rd, Lane Cove. Tel: 9423 0190*

Opening Hours

Store: Monday - Sunday: 7am – 8pm

Cafe: Monday - Sunday: 7am – 4pm