



ESTABLISHED 1983

WONDAREE RECIPES

WONDAREE MACADAMIA HUMMUS

INGREDIENTS

1 cup Wondaree macadamia meal, dry/ roasted under grill till slight change of colour

2 cups cooked chickpeas, drained

2 tablespoons macadamia oil

1 tablespoon lemon juice

3 tablespoons water

1 teaspoon minced garlic

salt and pepper, to taste

METHOD

Place all ingredients in a food processor and purée until smooth.