

## **Gluten Free Thursday: Pomegranate Hummus And An Open Sandwich Idea**

### **Ingredients:**

Difficulty: Easy  
(serves 6)

1 can (400 gr.) cooked chickpeas, rinsed and strained well  
3 tbsp pomegranate molasses (if you can't find that, check the story above)  
1 tbsp paprika paste (if you can't find that, check the story above)  
1/4 cup / 4 tbsp lemon juice (preferably freshly squeezed, but store-bought works too)  
4 garlic cloves, mashed  
1 tbsp tahini  
1/2 cup / 1.2 dl olive oil  
1 tsp salt  
1 tsp red pepper

Serving options:

1 small red onion, diced  
pomegranate seeds  
cucumber, diced  
chorizo (if you are not vegetarian)

Open sandwich suggestion:

a slice of whole wheat or rye bread  
pomegranate hummus  
diced avocado mixed with a few drops of lemon juice and a pinch of black pepper  
radish  
alfalfa

### **Instructions:**

The instructions couldn't get any easier: just put all the ingredients in a food processor and make them a smooth paste! You can also use a hand blender, or if none of that exists in your kitchen, you can mash it by hand tools (that will take a while though..). Enjoy!