


GUACAMOLE & HUMMUS & SALSA

Nothing beats a good dip in Summer - a dip into the pool, creek or ocean, or dipping corn chips and carrots into freshly made (by you) dip!


GUACAMOLE

- * 2 avocados
- * 1 lime
- * 1 tablespoon sour cream
- * salt & pepper




Spoon the avocado into a bowl and mash it up with a fork. Squeeze as much juice as you can out of the lime and add it to the bowl, along with the sour cream. Add in some salt and pepper - just a good pinch of each and then mix everything together. Cover with the bees wax wrap you made back in Winter, or some plastic wrap, and refrigerate until you are ready to dip some corn chips or carrot sticks in and enjoy!

HUMMUS

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- * 1 x 400g can of chickpeas
 - * 1 clove of garlic
 - * 2 teaspoons ground cumin
 - * 1/2 teaspoon salt
 - * 1 tablespoon olive oil

In a blender or food processor combine chickpeas (including liquid from the can), chopped or crushed garlic, cumin, salt and olive oil. Blend on low speed, until desired consistency is achieved. Cover with a bees wax wrap, or some plastic wrap, and refrigerate until you are ready to dip some corn chips or carrot sticks in and enjoy!

SALSA

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- * 6 ripe tomatoes
 - * bunch of coriander
 - * 1 onion
 - * 1 lime
 - * 2 tablespoons olive oil

Finely chop the tomatoes and the coriander (leaves & stalks) and put in a serving bowl. Chop the onion finely and add to the bowl along with the lime juice and olive oil. Add some salt & pepper, mix everything together gently, taste it and see if it needs more lime juice. Cover with a bees wax wrap, or some plastic wrap, and refrigerate until you are ready to dip some corn chips or carrot sticks in and enjoy!

