

Chickpea Bruschetta

Serves 2

2 slices bread, toasted
1 cup (165g) chickpeas, drained
1 tbsp. tahini
½ cup (75g) cherry tomatoes, quartered
1 tbsp. parsley, chopped
1 tbsp. olive oil
1 tsp. apple cider vinegar
salt & pepper

What you need to do

1. Toast the bread on both sides.
2. Place the chickpeas in a small bowl with the vinegar and tahini. Mash with a fork and, season with salt and pepper.
3. Combine the tomatoes, parsley and olive oil in a small bowl. Spread the chickpea mixture over the toasted bread. Top with the tomatoes and serve immediately.

Serving suggestion: Lemon wedges



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Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	0 mins	357	15	44	14

*Nutrition per serving