

# Chestnut hummus dip

(Makes 3 cups)

Promote 3-indolepropionic acid (IPA) production with this recipe rich in ellagic acid.



## Ingredients:

- 500g cooked and peeled chestnuts, roughly chopped
- 1/3 cup lemon juice
- 2 garlic cloves, roughly chopped
- 2 tbsp tahini
- 1 tsp ground cumin
- 1/4 cup olive oil
- 1/2 tsp salt

## Method:

- Combine all ingredients in a food processor until smooth. Add small amounts of hot water for a smoother and thinner consistency.
- Top with pomegranate arils and fresh herbs. Serve with your favourite crackers or vegetable sticks.