



## IMMUNITY BOOST BLEND (CHICKPEAS)

SERVINGS: 6

PREPPING TIME: 30 MIN

COOKING TIME: 30 MIN

### INGREDIENTS

- 4 cups vegetable stock
- 2 x 400g can chickpeas
- 1/4 cup extra virgin olive oil
- 600g carrots
- 1 x brown onion (diced)
- 2 x red capsicum (deseeded & sliced)
- 2 garlic cloves
- 2 tsp cumin seeds
- 1/4 cup tahini
- Juice of 1/2 lemon
- 100 - 150mL milk/ formula
- 2 tbsp greek yoghurt

### DIRECTIONS

1. Preheat oven to 200 degrees. Combine carrots, capsicum and cumin seeds with oil and bake for 45 mins.
2. Once done add to pot and combine with chickpeas, garlic, onion, tahini and stock. Bring to boil then simmer for 30 mins.
3. Blend all ingredients and lemon juice.
4. Divide final recipe into 6 serves.
5. When you are ready to feed your child add 2 tbsp of yoghurt and blend with 1-2 slices of bread. Add stock/milk/formula/water to reach desired consistency (e.g. 100 - 150mL).

**Calories/serve** = 500-600

**Protein/serve** = 30g

### NOTES

Onion, lemon, garlic and capsicum are rich in vitamin C for immunity. Carrots are a strong antioxidant. Chickpeas, tahini and greek yoghurt are a rich protein source, easily digestible when sick.