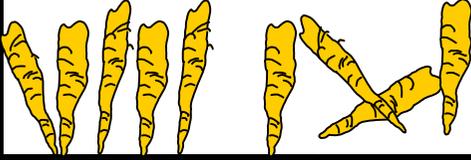
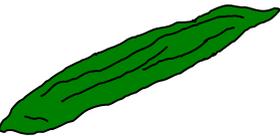
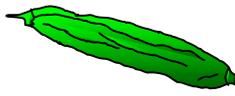
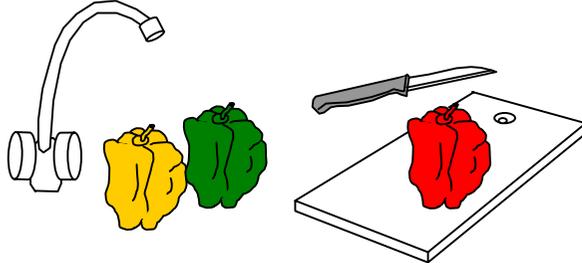
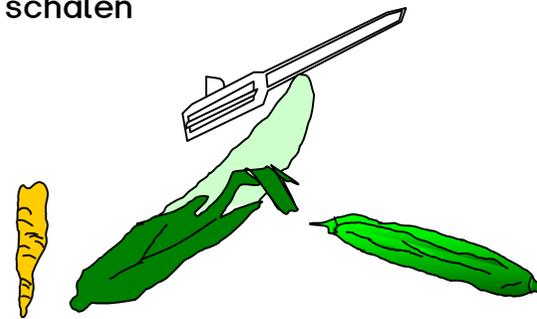
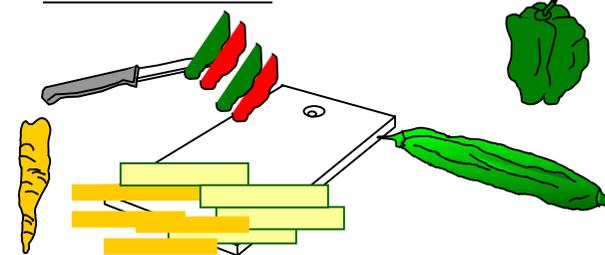
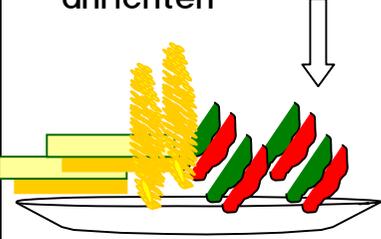
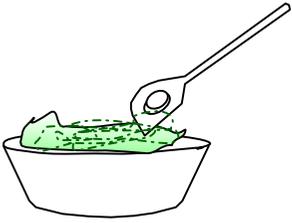
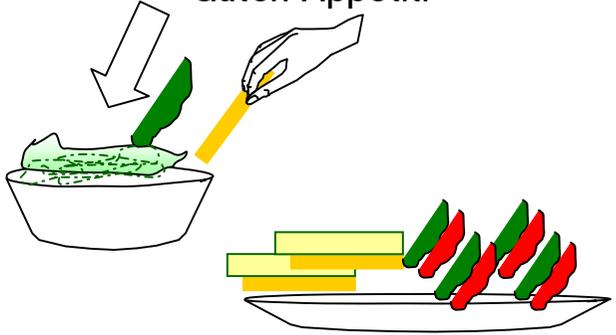


Gemüsesticks und Hummus (Snack / Knabberei)

Zutaten:

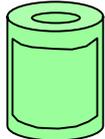
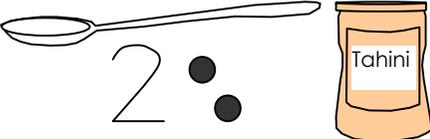
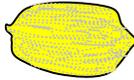
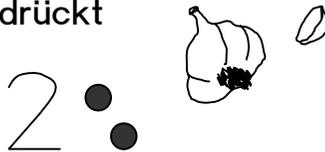
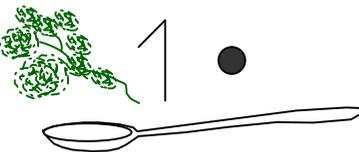
8 Möhren 	1 Salatgurke 	3 bunte Paprika 
1 Zucchini 	8 Babymaiskolben 	Dip nach Rezept: Hummus 



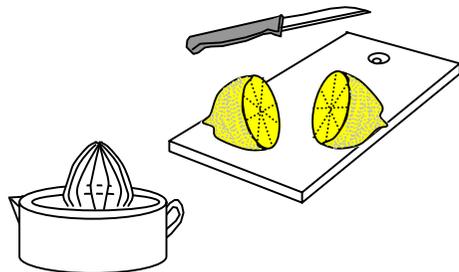
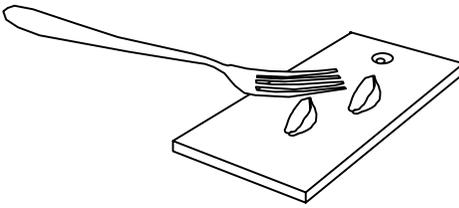
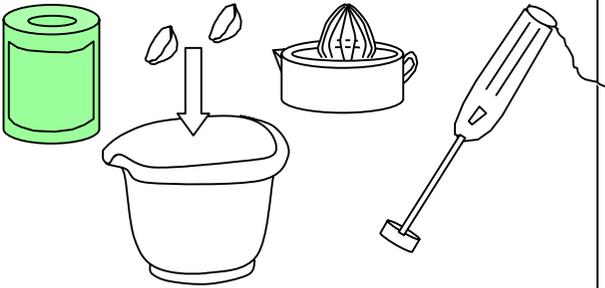
1 Paprika waschen, halbieren und entkernen 	2 Möhren, Salatgurke und Zucchini schälen 	3 Möhren, Gurke, Zucchini und Paprika in Streifen schneiden ⇒ <u>Gemüsesticks</u> 
4 Gemüsesticks und Babymaiskolben schön auf einer Platte anrichten 	5 Hummus nach Rezept herstellen 	6 Gemüsesticks ins Hummus tunken Guten Appetit. 

Hummus (Kichererbsenbrei) für Gemüsesticks

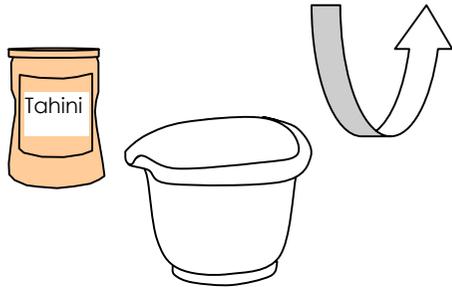
Zutaten:

400 g Kichererbsen aus der Dose, abgetropft 	2 EL Tahina (Sesampaste) 	Saft von 1 Zitrone 	125 ml Olivenöl 	
2 Knoblauchzehen, zerdrückt 	1 EL Petersilie, gehackt 	Salz 	Pfeffer 	Paprikapulver 

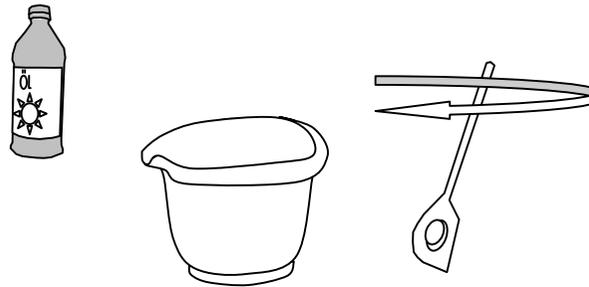


1 Zitrone halbieren und auspressen 	2 Knoblauchzehen abziehen und zerdrücken 	3 Kichererbsen mit Zitronensaft und Knoblauch pürieren 
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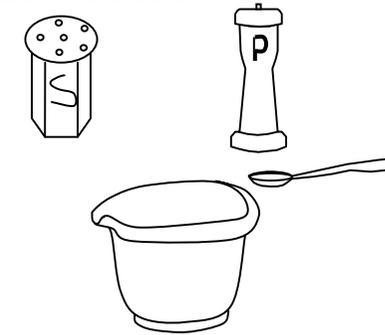
4 Tahinipaste hinzufügen



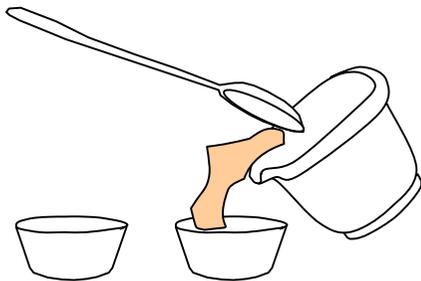
5 Das Öl gründlich unterrühren



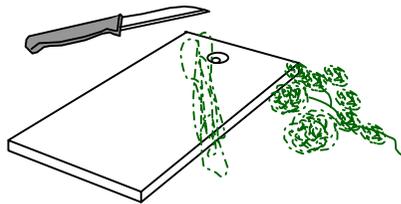
6 Mit Salz und Pfeffer abschmecken



7 Hummus in Schalen umfüllen.



8 Petersilie fein hacken.



9 Hummus mit Petersilie und Paprikapulver garnieren.

