

# Roast Carrot Hommus

## Ingredients

4-5 large carrots  
1 tsp cumin  
1 Tbsp coriander  
drizzle honey  
2 can chick peas, drained  
1 garlic clove, peeled  
1/4 cup lemon juice  
1/4 cup olive oil  
salt  
pepper

## Method

Preheat oven to 200C.

Cut up carrots into smallish pieces (1cm x 2cm).

Mix carrots with a drizzle of honey, olive oil, cumin and coriander.

Place on in oven and cook around half an hour until soft and cooked.

In food processor, process all ingredients - add water if too thick - until a nice consistency.

Eat with flatbreads or vegetable sticks