

Mashed Chickpea Sandwich Spread

Number of Servings: 3

Prep Time: 15 minutes

Ingredients

14 oz can Chickpeas

1 Celery stalk, diced

2 Green onions

1 Carrot, shredded

2 rounded tbsp tahini

1 rounded tbsp dijon mustard

1 rounded tbsp mayonnaise (more or less for desired consistency)

1/4 tsp paprika

1/4 tsp cumin

S&P

Instructions

Mash chickpeas in bowl, add rest of ingredients and stir until mixed.