



CALMING HOUMOUS

Serve with hydrating vegetables

Skin Concern:



Sensitivity

Murad Method™ Skin Health Plan

This recipe was specially developed to help calm and soothe sensitive skin. It will encourage you to Live Better by providing your body with high-quality nutrition without needlessly stressing about food choices.

Calming Houmous

Serve with hydrating vegetables, such as cucumbers, celery, radishes, broccoli, carrots, cherry tomatoes, carrots and peppers. (Serve chilled)

- **175g cooked or canned chickpeas**
- **75ml fresh lemon juice**
- **50g tahini**
- **2 cloves garlic**
- **2 teaspoons extra virgin olive oil**
- **1 teaspoon reduced sodium sea salt**
- **1/2 teaspoon onion powder**
- **50ml water**
- **Fresh parsley**, chopped for garnish
- **Optional: pinch of paprika and sumac for garnish**

Chickpeas are a wonderful anti-inflammatory food.

Garlic contains a high amount of sulphur that offers proven anti-inflammatory and detoxification benefits.

Onions also contain sulphur. In addition, they contain quercetin, a potent antioxidant that aids in reducing inflammation.