



HEALTHY RICE CAKE

Rice Cake with Hummus, Tomatoes, Cucumbers, Olives & Basil



Healthy Rice Cakes Ingredients:

- Rice Cakes
- Hummus
- 4 tomatoes
- 100 g of olives
- 2 cucumbers
- dry basil

First let's prepare the hummus!

Hummus Ingredients

YOU WILL NEED

- *250 grams cooked chickpeas*
- *60 ml fresh lemon juice, 1 large lemon*
- *60 ml well-stirred tahini,*
- *1 small garlic*
- *2 tablespoons (30 ml) extra-virgin olive oil,*
- *Salt to taste*

After preparing the hummus, spread it on the rice cakes and cut the vegetables and olives! **Enjoy your meal!**