

# Smashed Chickpea and Sweet Corn Salad

Serves 2

Ingredients:

- ¾ cup cashews, soaked 20 minutes and rinsed
- ½ teaspoon salt
- 1 teaspoon lemon juice
- 1 tablespoon apple cider vinegar
- ½ cup water
- 1 ½ cup sprouted chickpeas (garbanzo beans)
- 2 small stalks celery, finely diced
- 1" cucumber, finely diced
- 3 tablespoons red onion, finely diced
- 2 tablespoons minced parsley
- 1 cup organic sweetcorn
- Pinch of cayenne
- ¼ cup sea veg salad (or more if you'd like)
- Himalayan salt & cracked pepper to taste



Method:

1. Blend the cashews, salt, lemon juice, apple cider vinegar and water in a high speed blender.
2. In a bowl, crush the sprouted chickpeas with a fork or potato masher, leaving some texture to them. Some people digest chickpeas better when they have been steamed for 5 minutes first. If this is you, still sprout them, then steam them.

3. If you're in a pinch, or can't imagine doing this you can use pre-packaged ones. If you're going this route, get organic and if you can get them in a pouch or box, rather than a can, you'll avoid the toxicity that can come from canned goods.
4. Add the remaining ingredients, along with the blended cashews, to the bowl with the chickpeas and mix with a fork.
5. Serve on lightly dressed greens. I just like to use a little olive oil and lemon juice to dress the greens.

Recipe by Russell James