



Warming Lemon-Tahini Chickpea Toast

This Roasted Cauliflower & Turmeric Red Lentil Soup is a warming and nourishing meal that feels light yet satisfying.

Servings: 2

**Preparation Time: 15 minutes,
plus time to cook the beans**



Ingredients

For the chickpeas

- 1 cup **dried chickpeas**
- 4-5 cups water for cooking
- 1 **bay leaf** (optional but nice for digestion)

For the dish

- 1 tablespoon **tahini**
- 1 tablespoon fresh lemon juice
- 1 teaspoon **olive oil**
- ½ teaspoon **ground cumin**
- ¼ teaspoon **ground coriander**
- Pinch **turmeric powder**
- Pinch **black pepper**
- Pinch of **hing**
- ½ teaspoon grated fresh ginger (optional but supportive for digestion)
- ¼-½ teaspoon **Himalayan pink salt** (to taste)

For serving

- 2-4 slices toasted sourdough bread or gluten-free bread if preferred

Warming Lemon-Tahini Chickpea Toast (Cont.)



Ingredients (Cont.)

Optional toppings

- Thinly sliced radish
- Chopped fresh parsley or cilantro
- Light sprinkle of **unsalted roasted pumpkin seeds**
- Extra squeeze of lemon

Instructions

1. Prepare the Chickpeas

Soak Overnight (Best for digestion)

- Rinse 1 cup dried chickpeas.
- Soak in plenty of water 8-12 hours.
- Drain and rinse before cooking.

If you forget to soak, you can still cook them; they will just take longer.

2. Cook the Chickpeas

Stovetop Method

- Add soaked chickpeas to a pot with 4-5 cups fresh water.
- Add bay leaf if using.
- Bring to a boil, then reduce to a gentle simmer.
- Cook 60-90 minutes, until tender.
- Drain and set aside.

Tip: Skim foam during the first 10 minutes to improve digestibility.

Warming Lemon-Tahini Chickpea Toast (Cont.)



Instructions (Cont.)

Pressure Cooker / Instant Pot Method

- Add soaked chickpeas and 3 cups water to the pot.
- Cook on High Pressure for 12-15 minutes.
- Let pressure release naturally for 10-15 minutes.
- Drain and set aside.

If unsoaked: cook 35-40 minutes on high pressure.

3. Prepare the chickpea mash.

Place the chickpeas in a bowl and mash with a fork or potato masher until mostly smooth but still slightly textured.

4. Add flavorings.

Stir in tahini, lemon juice, olive oil, cumin, coriander, turmeric, black pepper, ginger (if using), hing, and salt. Mix well until the chickpeas form a creamy spread. If needed, add 1-2 teaspoons warm water to loosen the texture.

5. Toast the bread.

Toast sourdough or gluten-free bread until warm and lightly crisp.

6. Assemble the toast.

Spread a generous layer of the lemon-tahini chickpea mash over each slice of toast.

Warming Lemon-Tahini Chickpea Toast (Cont.)



Instructions (Cont.)

7. Add optional toppings.

Finish with sliced radish, herbs, pumpkin seeds, or an extra squeeze of lemon if desired.
Serve immediately while the toast is warm.

Ayurvedic Note

Savory breakfasts can help stimulate digestive fire, especially during Kapha season when appetite may feel slower in the morning (or anytime of day). Chickpeas offer plant-based protein while warming spices like cumin and ginger support digestion. Enjoying a warm, lightly spiced meal early in the day can help create steadier energy and reduce mid-morning cravings.

While warming, this is excellent for all types during the damp spring months.

Ayurveda reminds us that the most potent ingredient in any recipe is the love and intention of the cook. May this practice serve you well.

*With love + wishes
for balanced Agni,
Belinda*

