



Roasted Beet Hummus

8 servings
15 minutes

Ingredients

- 2 Beet (roasted)
- 2 cups Chickpeas (cooked)
- 1 Lemon (juiced)
- 2 tbsps Tahini
- 1 tsp Cumin (more or less to taste)
- 1/2 tsp Sea Salt
- 3 tbsps Extra Virgin Olive Oil (more or less to desired consistency)
- 1 Garlic (crushed)

Nutrition

Amount per serving	
Calories	146
Fat	8g
Saturated	1g
Carbs	15g
Fiber	4g
Sugar	4g
Protein	5g

Directions

- 1 Combine all the ingredients (except the olive oil) in a food processor or high-speed blender and purée. You may need to scrape the sides a few times.
- 2 Add the olive oil slowly and continue blending until smooth. If it is too thick, you can add more olive oil or a bit of water.
- 3 Taste and adjust seasoning according to taste. Serve with your choice of raw vegetables or gluten-free crackers. Refrigerate any leftovers. It should keep for at least a week.

Notes

To roast beets: To roast the beets, wrap each individually in aluminum foil and roast at 425F for an hour or until tender. Let it cool, then peel and cut into chunks.

Recipe source: Adapted from a recipe in *Spilling the Bean Cookbook* by Julie Van Rosendaal & Sue Duncan.