



Roasted Beet Hummus



6-8 servings



15 minutes

INGREDIENTS

- 2 small-medium beets (350g) ROASTED (see notes)
- 1 (425g) can chickpeas, drained and rinsed
- 1/3 cup (90g) good-quality tahini
- 1 large lemon, zested and juiced (3 TBSP juice), more as needed
- 3 garlic cloves, chopped
- 1/4 teaspoon ground cumin
- 1/4 teaspoon ground coriander
- 1 heaping teaspoon sea salt
- Freshly cracked black pepper
- 1/2 tablespoon extra-virgin olive oil (optional, for richness)
- For serving
- Extra virgin olive oil
- 1 tablespoon Dukkah
- Chopped flat-leaf parsley
- Homemade toasted pita chips, warm pita or flatbread, crackers, or crudités

NOTES

- ROASTING BEETS - Preheat the oven to 200°C.
- Wash and scrub the beets.
- Rub beets with a bit of olive oil to give a thin coating. Transfer to an ovenproof baking dish with a lid. Add 1/2 cup (120 mL) of water and cover with the lid.
- Roast for 45 to 60 minutes, or until fork-tender.
- Beets are easier to peel when warm
- Rich in anti-oxidants & supports liver detoxification
- Anti-inflammatory, high in fibre, iron, zinc, vitamin C and folate
- Brain & mood boosting with nitric oxide and tryptophan
- Blood sugar friendly - supports stable energy levels

DIRECTIONS

1. Once your beet is cooled and peeled, quarter it and blend in a food processor until only small bits remain.
2. Drain and rinse cooked chickpeas. Remove any loose skins, but no need to peel the rest. Add to the beet mixture.
3. Add tahini, 2 teaspoons lemon zest, lemon juice, garlic, cumin, coriander, 1/2 heaping teaspoon sea salt, and pepper to taste. Add the olive oil (optional). Blend until smooth, scraping down the sides with a silicone spatula as you go. Check the consistency. To make it a bit looser, add 1 tablespoon of ice water and blend again.
4. Once you reach your desired texture, taste for seasonings, add more salt, lemon zest, lemon juice, garlic, or cumin/coriander as needed.
5. Transfer the hummus to a large plate and use the back of a spoon to make a well in the centre. Drizzle with olive oil in the well and garnish with Dukkah, parsley, and a pinch of flaky salt.

Time to prepare: 15 minutes

My Wellness Whisk