



## **The Fabulous Foodie's**

### Fresh Beetroot Hummus

Serves 8 / 30 Minutes / Easy / V, Vegan

#### **You will need:**

- ◇ 280g of drained chickpeas
- ◇ one crushed garlic clove
- ◇ 3 peeled beetroots
- ◇ 100ml of olive oil
- ◇ 2 teaspoons of ground cumin
- ◇ half a lemon squeezed
- ◇ 2 tsps of tahini
- ◇ pinch of salt

#### **Method:**

1. Slice the beetroot and pan fry in 2-3cm of water for 20 minutes.
2. Drain the chickpeas and when the beetroot is finished, let cool for 5 minutes.
3. Add all the ingredients into the food processor and whizz for 2 minutes.
4. Slice the pitta into triangles or rectangles and pan fry in some olive oil for 3 minutes. Don't overcrowd the pan and flip regularly. Then leave to dry on a kitchen towel on a plate.
5. Pour the beetroot hummus into a bowl and make a small rounded dip in the middle to add a little more olive oil, sprinkle with pine nuts, any spice and get dipping!



#### **Nutrition Facts**

10 Servings

Amount Per Serving	
<b>Calories</b>	137.6
<b>Total Fat</b>	11.1 g
Saturated Fat	1.5 g
Polyunsaturated Fat	1.3 g
Monounsaturated Fat	7.7 g
<b>Cholesterol</b>	0.0 mg
<b>Sodium</b>	98.2 mg
<b>Potassium</b>	107.8 mg
<b>Total Carbohydrate</b>	8.2 g
Dietary Fiber	1.8 g
Sugars	1.1 g
<b>Protein</b>	1.9 g
Vitamin A	0.4 %
Vitamin B-12	0.0 %
Vitamin B-6	7.3 %
Vitamin C	3.2 %