



Beetroot Hummus

Servings: 4 adults
Prep time: 5 minutes
Cooking time: 0 minutes

Ingredients

- 1 400g can chickpeas (drained and rinsed)
- ½ lemon juiced
- 1 clove garlic
- 1 teaspoon rapeseed oil
- 200g cooked beetroot

Safety First

- When using the food processor or blender, handle the blade with caution as it will be very sharp.

Nutritional Analysis

The recipe	g/100g	g/serving
Fat	2.5	2.8
of which saturates	0.2	0.2
Carbohydrates	9.9	11
of which sugars	2.6	3
Fibre	3.2	3.6
Protein	4.2	4.8
Salt	0.13	0.15

How to make it

1. Peel the garlic.
2. Add all ingredients to a food processor or add to a jug and hand blend until smooth.
3. Season with salt and pepper and transfer to a bowl.
4. Serve with toasted wholemeal pitta bread and/or carrot sticks.

Cooking Tip

- You can adapt the recipe to make plain houmous using just chickpeas perhaps adding fresh coriander to give it a zing.

Allergy Aware

This recipe has no obvious allergens present. If you have any allergies please check the packaging label of each of the ingredients.

