

Beet Hummus



Embark on a burst of flavors and colors with our beet hummus recipe. Discover a delightful way to incorporate nutrient-rich vegetables into your snacks.

Preparation 10 min

Cooking 0 min

Servings 16 (de 60 ml)

Nutrition Facts (per serving)

Calories 95

Fat 4

Carbohydrates 10

Fibre 2

Protein 5

Sodium 125

Ingredients

- 8 large peeled and boiled beets
- 375 ml (1 ½ cup) canned chickpeas, drained and rinsed
- 80 ml (⅓ cup) tahini
- 190 ml (¾ cup) plain 0% fat Greek yogurt
- 2 shallots, peeled
- 2 cloves of garlic, peeled

- 1 lemon (juice only)
- 5 ml (1 teaspoon) cumin
- 125 ml (½ cup) water
- 5 ml (1 teaspoon) salt

For decoration (optional):

- Some grilled onions, sliced
- Some sliced and grilled almonds
- Some microgreens

For dipping (optional):

- Grilled whole wheat tortillas
- A drizzle of sesame oil
- Some sesame seeds

Preparation

1. Put all the ingredients in the blender except for the water and salt.
2. Blend until smooth and homogeneous. Gradually add water for a smoother texture until you reach the desired consistency (fairly creamy).
3. Season with salt to taste.

Notes



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