

ROASTED BEET HUMMUS

Prep time

10 mins

Total time

10 mins

Super creamy roasted beet hummus featuring a whole roasted beet, lemon, plenty of garlic flavor. Perfect with chips, pita, veggies or as a sandwich spread.

Author: Minimalist Baker

Recipe type: Hummus

Cuisine: Vegan

Serves: 6



Ingredients

- 1 small roasted beet
- 1 15 oz. can (1 3/4 cup) cooked chickpeas, mostly drained
- zest of one large lemon
- juice of half a large lemon
- healthy pinch salt and black pepper
- 2 large cloves garlic, minced
- 2 heaping Tbsp tahini
- 1/4 cup extra virgin olive oil

Instructions

1. [See roasting instructions here.](#)
2. Once your beet is cooled and peeled, quarter it and place it in your food processor. Blend until only small bits remain.
3. Add remaining ingredients except for olive oil and blend until smooth.
4. Drizzle in olive oil as the hummus is mixing.
5. Taste and adjust seasonings as needed, adding more salt, lemon juice or olive oil if needed. If it's too thick, add a bit of water.
6. Will keep in the fridge for up to a week.

Nutrition Information

Serving size: 1/6 batch Calories: 165 Fat: 12g Carbohydrates: 12g Sugar: 1.2g Fiber: 2.6g
Protein: 3.4g

Recipe by Minimalist Baker at <http://minimalistbaker.com/roasted-beet-hummus/>