



BEETROOT HUMMUS

ReFuel Spring 2019

Recipe courtesy of Jamie Humby for trueprotein.com.au



Ingredients:

- 2 cans of chickpeas in brine (drained and rinsed)
- 2 scoops True Protein Beet Powder
- 1 tbsp hulled tahini paste
- 2 cloves of garlic (peeled and roughly chopped)
- 1 tbsp sherry vinegar (any vinegar will do but sherry vinegar has an amazing flavour)
- 1/2 lemon, juiced
- 1 tsp cumin powder
- 2 tbsp extra virgin olive oil
- Salt & pepper to taste
- 1 tsp extra virgin olive oil
- Fresh chopped chives to garnish

Nutrition Information

Makes 10 serves

Nutrient	Per serve
Energy	766 kJ
Protein	6 g
Fat	2 g
Carbohydrate	32 g
Fibre	4 g

Method:

1. In a food processor, add all your ingredients and pulse until combined.
2. Stop the mixer, scrape down the sides with a spatula, replace the lid then blend on high for 3-4 mins until smooth and creamy.
3. Add in more water as needed to reach the desired creamy consistency.
4. Garnish with olive oil and chives. Serve with fresh vegetables, gluten-free or grainy crackers, falafels, whatever you like!



HOT TIPS

Nitrate found in beetroot can support increased blood flow in the body. This is a great dip to include on your next cheese board due to its striking colour and nutritional benefits!