

## Roasted Beet Hummus by The Endless Meal

PREP TIME: 10 MINS

COOK TIME: 35 MINS

TOTAL TIME: 45 MINUTES

YIELD: 2 1/4 CUPS

### Ingredients:

- 4 medium beets
- 2 tablespoons + 1 teaspoon olive oil, divided
- 1/2 cup tahini
- 1/4 cup fresh lemon juice, from about one lemon
- 1 teaspoon sea salt
- 1/2 teaspoon ground cumin
- 1 garlic clove, minced

### Instructions:

1. Preheat your oven to 425 degrees.
2. Peel and chop the beets then toss them with 1 teaspoon of the olive oil and put them on a baking sheet. Roast in the oven for 35 minutes, or until they are soft.
3. Let the cooked beets cool for a few minutes then put them into your food processor along with all the remaining ingredients. Blend on high for 2 minutes.
4. With the motor running, slowly add cold water to the hummus. You will need to add about 1/4 cup of water. When it is creamy and the consistency of hummus, stop adding water. Season to taste with more salt, if needed.

Use this as a veggie dip or:

- Toss it with pasta.
- Serve it with roasted chicken and lemon potatoes.
- Use it as a dip for falafels.
- Make yourself a beet hummus buddha bowl.
- Spread it thick on a veggie sandwich.

# Nutrition Facts

Serving Size is 1/4 cup.

Serves 9

## Amount Per Serving

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<b>Calories</b>	128
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### % Daily Value\*

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<b>Total Fat</b> 10.8g	<b>17%</b>
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Saturated Fat 1.5g	
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<b>Cholesterol</b> 0mg	<b>0%</b>
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<b>Sodium</b> 291.8mg	<b>12%</b>
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<b>Total Carbohydrate</b> 7g	<b>2%</b>
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Dietary Fiber 1.7g	<b>7%</b>
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Sugars 2.6g	
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<b>Protein</b> 3g	<b>6%</b>
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Vitamin A	0%
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Vitamin C	8%
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Calcium	3%
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Iron	5%
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