

Vegan Pink Beet Hummus

Source: Thehealthyhour, Better Vegan Category: Vegan Appetizers
Prep Time: 10 min Cook time: 50 min Total Time: 1 hr Serves 6 to 8
Oil-free version available (see notes)



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Ingredients:

1.5 cups (about 1 15-oz. can) of cooked garbanzo beans, drained and rinsed
1/4 cup extra virgin olive oil (optional)
1 small beet, scrubbed, stems removed
2 Tbsp. raw organic tahini
Juice of 1 lemon (about 2 Tbsp.)
2 garlic cloves, peeled and minced
2 Tbsp. water
1/2-3/4 tsp. pink Himalayan salt
Freshly ground black pepper to taste
Chopped parsley leaves for garnish (optional)
Sprinkle of pine nuts and sesame seeds for garnish (optional)

Recipe Link:

<https://www.betterveganrecipes.com/vegan-pink-beet-hummus>

Instructions:

1. Prepare the ingredients.
2. Preheat oven to 400 degrees Fahrenheit.
3. On a baking tray, place beets on foil and wrap tightly. Roast for 40-45 minutes, until beets are tender enough to run a knife through easily.
4. Let beets cool to room temperature, then peel the skin under running water with your hands. Add beets to food processor and process into smaller pieces.
5. Add remaining ingredients except olive oil into food processor and blend until smooth. While hummus is mixing, drizzle in olive oil, if using, and blend until creamy and smooth. Chill in fridge until ready to serve. Garnish with parsley, pine nuts, and sesame seeds just before serving. Hummus keeps well in the fridge for up to a week.

Notes:

You can easily make the hummus oil-free by omitting the oil and substituting it with 2 Tbsp. of water.

Equipment needed:

Food processor

Serving suggestion:

Serve with [Better Vegan Grain-Free Gluten-Free Bread](#), vegan crackers or crudités.