

# Bella's Beet Hummus

Mmmmmm...magenta! I was introduced to this wildly wonderful pink hummus at a food styling/photography workshop lead by [Bella Karragiannidis](#). This hummus is a vibrant, healthy snack or appetizer. Pair it with vegetables of your choice. Dip in pita chips. Spread it on your favorite bread and top with sliced avocado. Slather it on your sandwich instead of mayonnaise. Top it with homemade basil pesto. Or just enjoy it by the spoonful!





### Ingredients:

- 3 small or 2 medium roasted beets
- (2) 15oz can chickpeas, with skins removed
- 2 cloves of garlic, chopped
- juice of 1 lemon
- 1 tsp ground coriander
- 1 tsp fine grain salt
- 1 tbsp tahini
- 1/4 cup olive oil
- cilantro or parsley for garnish
- olive oil, ground coriander & flakey salt for garnish

## Instructions:

1. **ROASTED BEETS:** Pre-heat oven to 425f
2. Remove greens from fresh beets and thoroughly rinse each beet with water
3. Wrap prepared beets in an aluminium foil pocket
4. Roast for 45 min – 1 hour depending on the size of beets
5. Remove from oven and let cool – peel beets once they are cool, the skin should just slip right off
6. **FOR THE HUMMUS:** Prepare the chickpeas by rinsing & draining them
7. Add the roasted beets to the bowl of the food processor with the juice of half of the lemon and pulse until finely chopped, stopping to scrape the sides as needed
8. Once beets are well chopped, add the chickpeas, garlic, remaining lemon juice, coriander, salt, and tahini to the food processor bowl and process until well combined, stopping to scrape the sides as needed
9. Finally, add the olive oil to the food processor and blend until hummus is perfectly smooth
10. Spoon hummus into a serving dish, drizzle with a bit of olive oil and top off with desired toppings: fresh cilantro or parsley and a bit of fresh ground coriander
11. Serve with your favorite vegetables.

**Note:** I tripled the garlic and tahini. All loved this spicy kick.

*Check out more recipes at [freshperspectives.org](http://freshperspectives.org)*