

# The Best Healthy Beet Hummus Recipe

Vibrant beet hummus packed with iron and fiber. Perfect as a healthy dip, spread, or snack. Vegan, gluten-free, and easy to make!

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## PREP TIME

10 minutes

## COOK TIME

30 minutes

## TOTAL TIME

30 minutes

**Servings** 11

**Course** Snack

**Cuisine** Healthy

**Keyword** avocado, beetroot, beets, chickpeas, easy breakfast, Family Brunch, garlic, High Protein, hummus, lemon, Quick Snack, tahini

## Ingredients

- 1 large beet about 200g - see notes
- 1.5 cups cooked chickpeas
- ¼ cup lemon juice
- 2 tbsp tahini
- 2 tbsp olive oil
- 1 garlic cloves peeled
- 1 tsp sea salt flakes
- 1 tsp ground cumin
- ½ cup ice cubes or 1/3 cup ice water

## Instructions

1. To cook the beets, cut the stems about 1 inch from the top of the beet. Rinse well.

Add to a pot of boiling water, bring down to a simmer, and cook covered for 30 to 40 minutes (this will vary slightly depending on the size of the beetroot)—Spike with a fork to check that the beets are tender. Drain, and place the beetroot in a bowl of ice water. This will prevent further cooking and accelerate the cooling process. Once cool down, peel the skin using your fingers. It should come off easily.

2. To a high-speed blender: add the chickpeas, beets, lemon juice, tahini, olive oil, garlic clove, salt, cumin, and ice cubes and blend until you reach a smooth consistency. Use a temper or spatula to scrap down the sides as necessary. Take some breaks if needed as to not overheat your blender.
3. Place in the fridge to firm up. Once ready to eat add your favorite toppings (I used pistachios and lemon zest in the video) and enjoy!

## Notes

**Beets:** I used fresh beets for this recipe, but to save time, you can also use pre-cooked beets from the shop. Steaming or roasting the beets will also work.

**Ice Cubes:** Ice cubes help to get an extra smooth consistency, cold water can work if you do not have ice cube available