



Beet Hummus

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template approved



prep time
10 minutes



total time
2 hours,
20 minutes



servings
8
2 cups

Ingredients

- ¾ Cup or 93g raw unsalted cashews, soaked and drained (~3 servings of fat)
- 3 Raw beets, about 2 inches in diameter or 1 ½ cups cooked, peeled and roughly chopped beets (~1.5 servings of carb)
- ¼ Cup fresh lemon juice
- ¼ Cup extra virgin olive oil or avocado oil (4 servings of fat)
- 2 tsp kosher salt
- 2 tbsp Tahini (~2 servings of fat)
- 1 medium garlic clove, minced
- Fresh cracked black pepper

Instructions

- 1 Soak the half cup of raw cashews in 2 cups of warm water mixed with ½ tsp salt and ¼ tsp apple cider vinegar 2-4 hours OR do a quick soak of 10-20 minutes in boiling water. Then rinse and drain them.
- 2 The beets will need to be cooked. You can roast the beets in a 400 degree oven in a covered baking dish for 1 hour. OR make in Instant Pot, steaming for 15 min, under high pressure. If you used the pre-cooked beets just note the color of the hummus might be slightly off.
- 3 Once cooked and cooled at room temperature, trim, peel, and cut them into 1-inch pieces. Measure out 1 ½ cups of chopped beets and set them aside. These will stain your hand in the process.
- 4 In a food processor, take your drained and rinsed cashews and blend.
- 5 Add the beets, lemon juice, and olive oil, cashew tahini, garlic, and pepper. Pulse a few times to combine, scrape down the sides if necessary then blend until smooth, hummus-like consistency.
- 6 You may adjust the flavor of the hummus with additional salt, pepper, and lemon juice if needed.
- 7 This will keep for 4 days in the fridge in an airtight container. Color of the hummus may vary slightly depending on the type of beets used.



Whole recipe serving breakdown:
0 Servings Protein
1.5 Servings Carb
9.5 Servings Fat
0 Servings Veggies

🍴 simple side dish

🌱 vegan

