

WHO DARES SLIMS - RECIPE

# Beetroot Hummus (Vegan!)



## Tips

Add a sprinkling of ras el hanout (moroccan spice) to give it an exotic twist.

Makes around 10-12 portions

## Ingredients

- 1 tin of chickpeas
- 1 tablespoon tahini (sesame paste)
- 1 lemon
- 2 small beetroot (pre-cooked)
- Water
- A pinch of salt
- Black and white sesame seeds for decoration

## Preparation

1. Prepare the chickpeas by draining and rinsing in cold water.
2. In a food processor blitz the chickpeas, tahini paste and beetroot along with the juice of 1 lemon.
3. To achieve the desired consistency for your mixture, add water one tablespoon at a time and then blend again.
4. Taste test the mixture then season with salt to your personal taste.
5. Leave the mixture to chill in the fridge for an hour then portion off, sprinkle with sesame seeds and enjoy!