



BETROOT HUMMUS

Portions: 8
Preparation time:
30 minutes
Cooking time:
10 minutes
Approx cost:
£1.20

Nutrition
Energy (kJ)
Energy (kcal)
Carbohydrate (g)
Protein (g)
Fat (g)
Fibre (g)
Sodium (mg)
Iron (mg)

Quantity per portion
1129.29
269.55
27.83
9.69
14.76
9.88
51.90
3.02

Ingredients

250g cooked beetroot
400g tinned chickpeas
1 garlic clove, peeled
2 tbsp fresh lemon juice
2 tbsp extra virgin olive oil

1 tsp ground coriander
1 tsp cumin seeds
Salt, to taste
Black pepper, to taste



Did you know?

Eating more foods with high fibre content as part of a balanced diet can help to reduce risk of heart disease! Easy swap: Switch to foods made with wholegrain ingredients instead!

Instructions

1. Toast the cumin seeds in a dry frying pan for 2 minutes, stirring occasionally, then remove from the heat.
2. Put all of the ingredients and toasted cumin seeds in a food processor. Blitz until smooth.
3. Check the seasoning and add salt and pepper to taste.
4. Add more lemon juice if needed, then blitz again.
5. Use the hummus as a spread or as a dip. Keep covered and store in the fridge for up to 3 days.

Visit the NBRI website to find out more about the nutrition research taking place at Norwich Research Park.



CENTRE FOR
MICROBIAL
INTERACTIONS

