

Beetroot Hummus

Recipe recommended by Dominique Ludwig
BANT Registered Nutritionist ®



MACRONUTRIENT VALUES PER 100G

Nutritional values per 100g		
	PER 100G	%RI
Energy (kj)	806 kj	10%
Energy (kcal)	194 kcal	10%
Fat	14g	20%
<i>of which saturates</i>	2.6g	12%
Carbohydrate	10g	4%
<i>of which sugars</i>	3.9g	4%
Fibre	3.3g	13%
Protein	4.8g	10%
Salt	0.1g	2%

Generated by Nutritics v5.61

INGREDIENTS:

- 250g cooked beetroot
- 1 can chickpeas, rinsed and drained
- 2 cloves of garlic
- 6 Brazil nuts (**TREE NUTS**)
- 4 tablespoons extra virgin olive oil

OPTIONAL EXTRAS:

Add chopped parsley or herbs of your choice

METHOD:

1. Put all the ingredients into a food processor and process on a medium high speed until smooth and creamy.

ALLERGENS



TREE NUTS

MODIFY

Add a selection of raw and cooked vegetables for a speedy lunch

CREDIT

Recipe by: Dominique Ludwig
Photo by: Dominique Ludwig