

No Oil Simple Beet Hummus

Plantrician approved recipe by Andréa Dunnam



This vibrant pink beet hummus is as nutritious as it is beautiful—packed with fiber, plant-based protein, and anti-inflammatory compounds. Garbanzo beans support blood sugar stability and gut health, while beets offer natural nitrates that promote heart health and improved circulation. Tahini provides important minerals like calcium and iron, and the lemon and garlic bring immune-boosting antioxidants. It's a flavorful dip that's perfect for heart-healthy snacking or adding color to any plate.

Yield: Four Cups **Prep Time:** 10 minutes

Ingredients:

- 2 (15.5 oz) cans Garbanzo beans, drained and rinsed
- 1 (15 oz) can Beets (whole or sliced), drained - RESERVE juice*
- ¼ cup* Beet juice
- ½ cup Tahini
- 2 Lemons, juiced and seeds removed (1/2 cup total)
- 2 cloves Garlic, peeled and chopped
- 1 tsp. Ground coriander
- 1 tsp. Ground cumin
- 1 tsp. Smoked paprika
- To taste Salt or salt substitute (optional)
- 1 Tbsp Lemon zest for garnish (optional)

Directions:

-In a high speed blender or food processor, combine the garbanzo beans, beets, beet juice, tahini, lemon juice, garlic, coriander, cumin, and smoked paprika.

-Blend until smooth. (If necessary, you may add one tablespoon of water at a time, to reach desired consistency. Blend again.)

-Taste and adjust seasoning as necessary, e.g., adding a pinch of salt or salt substitute.

-Transfer the beet hummus to a serving bowl and garnish with lemon zest.

Store leftovers in an airtight container in the refrigerator for up to one week.

Notes:

Serve this beet hummus with crudité, pita bread, or as a spread in sandwiches or wraps. Garbanzo beans and chickpeas are the same legume, just with different names.

You may substitute the canned beets with roasted. - Wrap a large beet in aluminum foil and cook it in a 400-degree F oven until fork tender (approximately 45 minutes). Let cool, then chop into smaller pieces (1 cup).

Recipe Author

Andréa Dunnam of The Plantrician Project, is a plant-based cook who enjoys sharing simple, approachable recipes through live cooking demonstrations. She focuses on creating whole food, plant-based dishes using everyday ingredients that are both nourishing and delicious.

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