



Beetroot hummus

Serves: 4

Time

Preparation time 10 minutes

Ingredients

- 250g cooked beetroot (freshly prepared or vacuum packed without vinegar)
- 1 small garlic clove, peeled
- 1 teaspoon ground cumin
- juice of 1 lemon
- ½ tin (200g) cooked chickpeas (drained)
- 1 tablespoon low-fat natural yogurt
- 1 red pepper, deseeded and cut into sticks
- ¼ cucumber, cut into sticks
- 1 small packet baby sweetcorn
- 4 tortilla wraps, cut into eight triangles

Method

1. Place the beetroot, garlic, cumin and lemon juice into a food processor (or blender) along with the chickpeas and the natural yogurt. Pulse until smooth.
2. Serve with the red pepper, cucumber, baby sweetcorn and toasted tortilla triangles.