



Beetroot Hummus \*which will last 3-5 days in the fridge

Ingredients:

- 1 and half cups chickpeas, drained with liquid reserved\*
- 100 grams cooked beetroot
- 2 tablespoons reserved liquid (aquafaba) from chickpeas
- 2 tablespoons lemon juice
- 30 mls tahini
- 3/4 teaspoon kosher salt
- 1 teaspoon ground cumin
- 1 large clove of garlic

Directions:

1. Cook your peeled beetroots, which you can bake, steam or boil. This step takes about an hour, so do keep that in mind. We boiled our beetroot, but next time I think I'm going to bake mine.
2. Pour the cold aquafaba and lemon juice into a blender (or a food processor, but a blender will give you a smoother hummus) with all the tahini, roughly sliced beetroots, and chickpeas.
3. Process until smooth. If the mixture is a bit too thick, add a bit more aquafaba (or cold water).
4. Add the salt, cumin and garlic and blend well.

Golden Turmeric Hummus \*which will last 3-5 days in the fridge

Ingredients:

- 1 x tin of chickpeas, drained with liquid reserved\*
- 3 tablespoons of toasted sesame seed oil - if you don't have any, you can use olive oil
- 2 tablespoons reserved liquid from chickpeas (aquafaba)
- 2 tablespoons lemon juice
- 1 tablespoon tahini
- 3/4 teaspoon kosher salt
- 1/2 teaspoon ground turmeric
- 1/4 teaspoon grated nutmeg
- 1 large clove of garlic

Directions:

1. Add all the ingredients to a food processor and blend until smooth. Make sure you scrape down the sides of the bowl so that all the chickpeas are blended in. If you want a lighter hummus, add another tablespoon or two of the reserved liquid from the chickpeas.