



Beetroot hummus



Categoria
Vegetariano



Tempo de preparação
Médio



Dificuldade
Fácil



Custo
Low



Com quem?
With family



Nº de pessoas
2 pessoas

Ingredientes



To taste: Gallo Extra Virgin
Olive Oil Bio

- 0,5 unpeeled boiled beetroot
- 200g of cooked chickpeas
- 1 garlic clove
- 25ml of lemon juice
- 1 tbsp of almond flour
- 0,5 tbsp of tahini
- Saffron, to taste
- Black pepper, to taste
- Parsley, to taste

Method of preparation

1

Place the chopped beetroot, chickpeas, garlic, lemon juice, flour and tahini tablespoon in a blender.

2

Drizzle it with a dash of Gallo Extra Virgin Olive Oil Bio.

3

Blend it until you get a consistent paste. Season it with salt and pepper and blend it again.

4

Serve the hummus in a bowl with a string of Gallo Extra Virgin Olive Oil Bio, a pinch of saffron and sprinkle with chopped parsley.

Produtos utilizados



Bio

Extra Virgin Olive Oil



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