

Beetroot Hummus Toast -



Nutrition Facts (for 1 serving)

Calories	455 kCal
Protein	18 g
Fats	23 g
Carbohydrates	52 g

Ingredients:

- 2 cups of cooked chickpeas
- ½ cup cooked beetroot, diced
- 3 tbsp tahini
- 5 tbsp olive oil
- 2 garlic cloves
- ½ tsp salt
- 1 lemon, squeezed
- ½ cup of water
- ½ tsp black pepper
- 1 tbsp chopped dill

- 6 rye bread slices
- Handful of rocket leaves
- 40 g soft goats' cheese or feta, crumbled
- 2 tbsp pumpkin seeds

**for 6 serving*

Instructions:

1. In a food processor, combine the boiled chickpeas, cooked beetroot, garlic, tahini, olive oil, lemon juice, cumin, salt, pepper, and chickpea boiling water. Pulse the ingredients until smooth and creamy.
2. Toast the bread and spread it with the beetroot hummus.
3. Top the toast with the rocket leaves, crumbled cheese, chopped dill, and pumpkin seeds.