

## **Easy Beetroot Houmous**

Total time **15 mins 15 mins** preparation time

Nutritional facts (per portion):

974 kJ / 234 kcal

## **INGREDIENTS**

4 portion(s)

300 g chickpeas, cooked85 g beetroot juice1 clove of garlic

**2 tsp** Kikkoman Naturally

Brewed Soy Sauce

0.5 tsp ground cumin
0.5 tbsp maple syrup
1 tbsp lemon juice
75 g tahini

To serve:

Olive oil

Parsley leaves

Fat: **13.4 g** Protein: **10.1 g** Carbohydrates: **14.9 g** 

## **PREPARATION**

Step 1

Put the chickpeas, beetroot juice, cumin, Kikkoman soy sauce, garlic, maple syrup and lemon juice into a food processor and blend until smooth.

Step 2

Then add the tahini and mix well with the other ingredients. Chill until ready to serve.

Step 3

Decorate with a spoonful of olive oil and some chopped parsley to taste before serving.