



STRAWBERRY BEET DESSERT HUMMUS

Don't know what to do with those cans of chickpeas? This dessert hummus is a fantastic way to add some extra fruit and veggies to your diet. You can't taste the beets at all, but they do brighten the color! Beets are in season during the fall and are a fantastic source of fiber, folate (vitamin B9), manganese, potassium, iron, and vitamin C. Use whatever berries you have on hand! You can even swap sunflower seed butter for peanut butter to make it your own!

Yield: 6 servings

Ingredients

- 1, 15-ounce can **no-salt-added chickpeas**, drained and rinsed
- 1 ½ cups **strawberries**, sliced (or any berries available)
- ½ cup **beets**, steamed and peeled
- ½ cup **raisins** (or Medjool dates)
- ¼ cup **no-salt-added peanut butter** (or any nut/seed butter preferred)
- 1 tablespoons **lemon juice** (about 1 lemon)

Instructions

1. Add the chickpeas, berries, beets, raisins, peanut butter, and lemon juice to a blender. Blend until smooth and creamy, about 3 minutes. You may need to stop the blender and scrape down sides.
2. Serve with sliced apples.

Per Serving: Calories 242, Carbohydrates 38 g, Protein 10 g, Saturated Fat 1 g, Sodium 20 mg, Fiber 8 g, Sugars 16 g

This recipe is featured in the September 2021 issue of Beyond the Kitchen and was adapted from Carrots and Flowers.

