KIKKOMAN

Easy Beetroot Houmous

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

Nutritional facts (per portion):
974 kJ / 234 kcal

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

INGREDIENTS

4 portion(s)

300 g	chickpeas, cooked
85 g	beetroot juice
1	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

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.