



# Beet Hummus with Blue Cheese and Walnuts

**Servings**

2

**Calories**

260

**Prep Time**

15 minutes

**Total Time**

25 minutes

**Skill Level**

Easy

## Ingredients

- 1 (15 ounces) container chickpeas, drained
- 4 (8 ounces) container small beets, boiled and peeled
- ¼ cup crumbled blue cheese
- ½ cup chopped, toasted walnuts
- 2 tablespoons tahini
- 1 garlic clove, peeled
- juice of ½ lemon
- 2 tablespoons white white vinegar
- 1 tablespoon extra-virgin olive oil
- 3 tablespoons water
- 1 teaspoon salt
- ½ teaspoon black pepper



## The Method

Add all ingredients to a food processor and blend until nearly smooth.

Serve with Mann's Stringless Sugar Snap Peas or other crudité's.

### Nutrition Facts

Serving Size: 159g | Servings: 6

### Amount Per Serving

Calories 260 | Total Fat 15g (sat fat 2.5g trans 0g) | Cholesterol 5mg | Sodium 650mg | Total Carbohydrate 25g | Dietary Fiber 7g | Sugars 7g (Includes 0g Added Sugars) | Protein 9g | Vitamin D 0% | Calcium 6% | Iron 10% | Potassium 8%