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CARROT AND TURMERIC HUMMUS

Spice up your life with this healthy and healing turmeric hummus, made with roasted carrots for extra flavor and texture. Naturally vegan and gluten free, it's a great and easy snack.

20 minutes
40 minutes
10 portions

INGREDIENTS

- 3 large carrots, sliced (216 g)
- 1 tbsp of turmeric, ground (9 g)
- 2 cloves of garlic, minced (6 g)
- 1 tablespoon of extra virgin olive oil, (14 g)
- 400 grams of chickpeas canned, drained, rinsed
- 1 tbsp of seeds, , tahini, (14 g)
- Juice from 2 lemons (96 g)
- 1/2 tsp of, ginger, ground (1 g)
- 1/4 tsp of , paprika (1 g)

COOKING METHOD

1º Preheat the oven on broil position and line a baking tray with parchment paper.
2º Place the carrot slices onto the baking sheet. Season with ½ Tablespoon of turmeric, sprinkle with one clove garlic (minced), and drizzle some olive oil all over. Season with salt and pepper and put in the oven on broil position for about 20 minutes until tender, stirring often.
3º Add the carrots to a food processor together with all the remaining ingredients and mix well. Slowly add 2 or 3 tablespoons of water with the processor turned on in order to obtain a creamy consistency. When ready, taste and adjust the seasoning as needed.
4º Pour the hummus into a bowl, drizzle about one tablespoon of olive oil over the top and sprinkle some additional turmeric on top.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (76 g)	% DRI
ENERGY	94 kcal	71 kcal	4 %
FAT	4 g	3 g	5 %
FATTY ACIDS, TOTAL SATURATED	1 g	0 g	2 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	167 mg	127 mg	5 %
CARBOHYDRATE	12 g	9 g	3 %
SUGARS	2 g	1 g	–
FIBER	4 g	3 g	11 %
PROTEIN	3 g	3 g	–