

# Food for Health with CNM

*...because nutrition helps you look good from the inside out*

## Roasted Beetroot Hummus

**H**ummus is a versatile and healthy dish. It can be used as a spread on wraps and sandwiches, as a topping on baked potatoes or salads or simply eaten with vegetable sticks and oatcakes as a great snack.

The chickpeas in hummus are a good source of protein and are high in dietary fibre. These factors can help us feel fuller for longer and have a positive impact on our blood sugar balance.

Tahini is made from ground sesame seeds and is a rich source of calcium. Calcium is important for optimal bone, teeth and muscle function. Sesame seeds are also a good source of copper, manganese, magnesium and iron.

The beautiful vibrant colour of this hummus is due to the betalains found in beetroot. Betalains are phytonutrients that have been shown to have anti-inflammatory, antioxidant and detoxifying properties.

*By Nutritional Therapist Sophie Hessell who graduated from CNM (College of Naturopathic Medicine). CNM is the UK's leading training provider in natural therapies, with courses including Nutrition, Herbal Medicine, Acupuncture, Naturopathy, Homeopathy, Natural Chef, Vegan Natural Chef and a range of Short Courses. [www.naturopathy-uk.com](http://www.naturopathy-uk.com)*

### Ingredients

1.5 cups (240g) of cooked chickpeas, drained and rinsed  
2 tbs tahini  
1 x medium beetroot, roasted, peeled and chopped into chunks  
1 x clove of garlic, minced  
Juice of ½ - 1 lemon (depending on taste)  
1.5 tsp ground cumin  
¼ cup olive oil  
Salt & Pepper

### To Make

Add all ingredients, except olive oil, to a food processor and process until combined. With the motor still running, slowly drizzle in olive oil and process until smooth. Add a splash of water while processing if needed to help thin out the mixture.



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