



Ingredients 8 Portions

♦ = Kotányi Produkte

1 can	White beans (240 g drained weight)
250 g	Cooked beetroot
3 tbsp	Tahini
1 tbsp	Lemon juice
0.5 tsp	♦ Cumin, Ground
0.5 tsp	Granulated onion
0.5 tsp	♦ Himalayan Salt

Beetroot & White Bean Spread

⌚ 65—70 Min   

Preparation

- 1 Drain and rinse the beans. Cut the beetroot into cubes.
- 2 Add the beans, beetroot, tahini, lemon juice, cumin, granulated onion and salt to a blender.
- 3 Blend on high for about 3 minutes, stopping occasionally to scrape down the sides.
- 4 Once completely smooth, transfer the spread to a serving plate and refrigerate for 1 hour.
- 5 Serve with a drizzle of olive oil, chopped pistachios and crackers.

