

# ONE BITE

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# *Loaded hummus platter 3 ways*

By Anthea at Rainbow Nourishments

This loaded hummus platter is just perfect for a special occasion! It features 3 hummus dips, each with a unique twist and will make you never want ordinary hummus again! Each is colorful, bright, jolly and packed with flavour. The 3 dips are:

- Avocado lime hummus
- Smoked beetroot hummus
- Artichoke hummus with caramelized onions

**Servings: 6 -10 serves**

## **Ingredients**

### **Avocado lime hummus**

- 1 x400g can chickpeas, drained
- 1 avocado, flesh only
- 1 cup baby spinach
- ¼ cup olive oil or water
- 1 lime, juice and zest
- 2 tbsp tahini
- 1 garlic clove, crushed (optional)
- ½ tsp Himalayan pink salt

### **Smoky beetroot hummus**

- 1 x400g can chickpeas, drained
- 1 medium-sized beetroot, chopped and boiled
- ¼ cup olive oil or water
- 2 tbsp tahini
- 1 garlic clove, crushed (optional)
- 1 tbsp smoked paprika
- ½ tsp Himalayan pink salt

## Artichoke hummus with caramelized onions

- 1 onion, sliced + 1 tbsp olive oil + 1 tbsp coconut sugar
- 1 x400g can chickpeas, drained
- 1 cup artichokes, drained
- ¼ cup olive oil or water
- 2 tbsp tahini
- 1 garlic clove, crushed (optional)
- ½ tsp Himalayan pink salt

## Instructions

1. For the avocado lime hummus and smoky beetroot hummus, add all ingredients to a food processor, process until it is as smooth as possible and there are no chunks. Serve in bowls, garnish as desired and enjoy! Keep in an airtight container in the fridge for up to 3 days.

2. For the artichoke hummus, sauté the onion, olive oil and coconut sugar over high heat for 5 minutes. Reduce to low heat and sauté until very soft. Add the rest of the ingredients to a food processor and process until it is as smooth as possible and there are no chunks. Add half of the caramelised onions and process again. Serve in a bowl and garnish with remaining caramelised onions.

3. If desired, arrange 3 bowls on a serving platter accompanied with fresh vegetables and crackers. Enjoy immediately or keep hummus in an airtight container in the fridge for up to 3 days.



## About the author...

**Anthea** founded [Rainbow Nourishments](#) as a means to find fulfillment in her life working in the public service. She wanted to share the rainbow of ways people can nourish and take care of themselves. Now, just a few years later, this is her full-time job and she has never looked back! She is committed to sharing recipes, her experiences of travelling the world and general insights into well being. All her recipes are vegan and she runs her own vegan cake business in Canberra, Australia. Follow her on Instagram.



