

# Food Babe's Beet Hummus Collard Wraps



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	0 mins	10 mins	1

<https://foodbabe.com/watch-why-you-should-make-your-own-hummus>

## Beet Hummus Ingredients:

- 1 ½ cups garbanzo beans, cooked
- 2 ½ tablespoons raw tahini
- 1 teaspoon garlic clove, minced
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon sea salt
- 1 pinch ground black pepper
- 4 tablespoons fresh orange juice
- 2 large carrots, chopped
- 1 small beet root, chopped
- 1 handful fresh cilantro
- 1 teaspoon maple syrup - grade B

## Wrap & Toppings:

- ⅓ bunch fresh collards
- ½ avocado, sliced
- 2 dill pickle slices
- 1 pinch raw sprouts

## Instructions:

1. Drain garbanzo beans and give them a quick rinse.
2. Combine all hummus ingredients except olive oil in food processor/blender and blend.
3. Once combined, scrape sides.
4. Start blending again and add olive oil slowing into mixture while it is blending.
5. Spread some of the hummus onto the collard leaves, top with avocado, pickles and sprouts.
6. Fold leaf and roll up, secure with a toothpick if making for take out or just eat!
7. Refrigerate leftover hummus for up to 5-7 days.

## Notes:

- Makes 1 serving (plus beet hummus for 3-4 more servings)