

## BEETROOT & AVOCADO HUMMUS ON TOAST

Serves 4

### INGREDIENTS

4 slices	Gardenia Purple Wheat Soft Grain Loaf
2 whole	Beetroot, halved (200g)
3 whole	Avocado
1 tsp	Lemon juice
½ clove	Garlic, peeled
½ tbsp	Olive oil
Pinch of	Salt
Pinch of	Pepper
1 cup	Pea shoots
¼ cup	Feta cheese
¼ cup	Pistachios, chopped



### METHOD

1. Preheat oven at 200°C.
2. Place the beetroot on a baking tray and cover with aluminium foil. Bake the beetroot in the preheated oven for 45 – 60 minutes, or until beetroot are soft and cooked through.
3. Remove the beetroot from the oven and set aside to cool.
4. Cut the feta cheese into small cubes, or crumble into pieces. Set aside.
5. After the beetroot have cooled, remove the skin and cut the beetroot into pieces. Set aside.
6. Remove the skin and pits of the avocados carefully, keeping the flesh intact.
7. In a blender, add the beetroot, 160g of avocado, lemon juice, garlic, olive oil, salt and pepper. Blend until smooth and creamy, and transfer to a bowl.
8. Toast 4 slices of Purple Wheat Soft Grain Bread, and cut the remaining avocado into thin slices.
9. When the bread is toasted, spread some Beetroot & Avocado Hummus generously on each slice of bread.



10. Sprinkle some feta cheese and chopped pistachios on the Beetroot & Avocado Hummus. Place some avocado slices on top, and garnish with pea shoots. Season with some ground black pepper if desired, and serve immediately.

## NUTRITION INFORMATION PANEL

### Approximate Nutritional Analysis Per Serving

<b>Beetroot &amp; Avocado Hummus on Toast</b>	
Servings per recipe: 4	
	Per serving
Energy	254 kcal
Carbohydrate	23.5 g
Protein	8.7 g
Total Fat	15.3 g
Saturated fat	3.5 g
Dietary Fibre	6.1 g
Cholesterol	8.3 mg
Sodium	249 mg