CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Fermented Beet Hummus

Gut Support & Budget-Friendly Plant Protein

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What This Supports: Gut Health • Digestion • Plant Protein • Fiber Intake • Budget Meal Prep

Why It Works: This recipe combines fermented components with fiber-rich legumes. Fermented foods contribute live microbes and organic acids, while chickpeas and beets add fiber and polyphenols that support gut microbiome function. Beets also contain dietary nitrates linked with nitric-oxide pathways that support circulation.

Tools Needed:

- Clean glass jar(s) with lid
- Cutting board + knife
- Measuring spoons/cups
- Clean spoon
- Paper towel or cloth (if needed)

Ingredients:

- .5
- 1 cup fermented beets (see Beet Kvass recipe)
- 1 tsp MCT oil

Directions:

1. 1. 1. Remove beets from beet kvass and place into blender with oil.
2. 2. Blend until desired texture.
3. 3. Transfer into container and store in the refrigerator.

Best Use:

Use as a dip/spread with meals to add fermented-food variety; pair with protein (eggs, chicken, tofu) for strength-supporting meals.

Food Safety & Quick Notes:

- Use very clean jars/utensils to reduce contamination risk.
- If it smells putrid, develops fuzzy mold, or tastes 'off' (beyond tangy/sour), discard.
- Start with small servings if you’re new to fermented foods.
- Not medical advice; consult a clinician if immunocompromised.

Storage:

Refrigerate in a sealed container. Best within 5–7 days.