



Published on *Nature's Own Bread* (<http://www.naturesownbread.com>)

[Home](#) > Middle Eastern Beet Hummus Toasts

---

## Middle Eastern Beet Hummus Toasts



[Perfectly Crafted Thick Sliced Multigrain](#)

You can't beat beets. Meet the perfect appetizer. This spread will be irresistible for all.

**Prep Time:**

15  
MIN

**Cook time:**

40  
MIN

**Total Time:**

80  
MIN

**Number of Ingredients:**

9

**Servings:**

8

**Level:**

Medium

**Ingredients:**

1 pound beets (about 3 medium), trimmed, peeled, and cut into 1-inch pieces (3 cups)

4 tablespoons olive oil, divided

3/4 cup plain Greek yogurt

2 cloves garlic, peeled

1/2 teaspoon salt

1/4 teaspoon ground black pepper

8 slices Nature's Own Perfectly Crafted Multigrain Bread, toasted

1/4 cup assorted seeds (roasted pumpkin, sesame, coriander, fennel, etc.)

2 teaspoons coarsely chopped fresh chives

**Instructions:**

Preheat oven to 400°F. Place beets in a 15x10x1-inch baking pan and drizzle with 2 tablespoons olive oil; toss to coat. Roast for 35 to 40 minutes or until very tender, stirring once. Remove from oven and let cool slightly.

Transfer cooled beets to a food processor. Add Greek yogurt, remaining 2 tablespoons olive oil, garlic, salt, and black pepper. Process until smooth, stopping to scrape sides as necessary.

Spread beet mixture onto toasted bread. Top with assorted seeds and chives.

---

**Source URL:** <http://www.naturesownbread.com/recipe/middle-eastern-beet-hummus-toasts>