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**Fresh lunch ideas**

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By

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**Bring some color to your lunch with a bright and beautiful open sandwich made with beet hummus and Uno Bites™ Nano Cucumbers!**

For a family that loves cucumbers, [Uno Bites™ Nano Cucumbers](#) are the perfect addition to any meal or snack! Tanya Anurag and her family absolutely love Uno Bites™ as a snack or in salads, and Tanya even packs them into her kids' lunches for school. She recognized the versatility of this tiny cucumber and wanted to incorporate them in a fresh lunch recipe, so she whipped up this new recipe for a [Cucumber & Hummus Open Sandwich!](#)

School is back in full swing and sometimes packing the same lunch every day can be boring – both for parents and kids. When you're eating the same thing day in and day out, lunch can become more of a chore than an exciting mid-day meal. They say variety is the spice of life, so if your kids are hungry for something new and exciting at lunchtime, you'll love this fresh lunch recipe.

Keeping kids interested and excited about lunches, while trying to get more nutrients into their diet, means that parents have to step up their lunch game. That's why Tanya created these fun, yet sophisticated, Cucumber & Hummus Open Sandwiches. Not only are they beautiful to look at with the bright fuchsia hummus, but they are also loaded with essential nutrients that growing bodies need.



Kids seem to gravitate towards bright and colorful foods. Pure Flavor® grows an entire [snacking lineup](#) that is vibrant in color and has all the flavors of the rainbow as well. From sweet and crunchy [Aurora Bites Mini Sweet Peppers](#) in red, yellow and orange, to [Sangria® Medley Tomatoes](#) in five different colors and flavors, you will find a flavor for every tastebud in your home!

With the bright colors in this recipe, it shouldn't be difficult to get your kids interested in this nutrient dense beet hummus. Making your own hummus from scratch is so easy and you have the added bonus of knowing exactly what ingredients are in it!

First you peel and dice the beets into one-inch cubes. Drizzle them with olive oil and wrap them in foil. Bake them in the oven – or you can even use your air fryer – at 350° F for 30 minutes or until the beets are soft. Let them cool before you move on to the next step.



Next, you will put the cooled beets into a food processor or blender. Pulse or blend until the beets are pulverized into tiny pieces. Add chickpeas, garlic, tahini, lemon juice, lemon zest, salt and pepper, and then run your machine again until everything mixes together into the consistency of hummus. It's important that you do a taste test and adjust the flavors with more lemon juice, salt and pepper if needed.

You can make a large batch of hummus and keep it in a sealed container in the fridge for the whole week! It's great for dipping Uno Bites™ in for a quick and balanced snack. It also tastes great with fresh Aurora Bites Mini Sweet Peppers!

To make the open sandwiches, take your rice cakes and add a generous amount of the beet

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hummus. Spread it out evenly and then top it with sliced up Uno Bites™. You can put as many or as little as you'd like, but like Tanya says, "the more the merrier." and we couldn't agree more.

Don't just stop at lunch with this colorful recipe though. These beautiful open sandwiches are perfect as an appetizer or a snack too!

For Tanya's full Cucumber & Hummus Open Sandwich recipe, [click here](#).

*This article is brought to you by [Pure Flavor®](#) and [Tanya Anurag](#).*

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