



Beet Hummus

Ingredients:

1 medium sized beet, roasted

To roast: place beets in a covered dish and bake at 425F for 45-60 mins or until soft. Let cool, then peel and chop into quarter inch pieces.

One 15-ounce can of chickpeas (or 1.5 cups cooked chickpeas)

2 Tbsp lemon juice

1 clove garlic

1 Tbsp olive oil

1/4 - 1/2 tsp salt

Directions:

With a blender or food processor, whirl all ingredients until a smooth paste is formed. Adjust salt to taste. Serve with chopped veggies or eat by the spoonful!

Store in the refrigerator.