

# **Beetroot Hummus**



Colourful and healthy, and great for the kids to dip their veggies in for a snack!

## **Ingredients**

2 small beetroot  
1 cup canned chickpeas, rinsed and drained  
2 cloves garlic, minced  
2 tbsp hulled tahini  
1/2 lemon juice  
1/4 cup Extra Virgin Olive oil  
Salt and pepper to taste

## **Method:**

1. Cook beetroot in a pot of boiling water until soft. When cooked, drain and cool down. Peel the skin off, slice the cooked beetroot and place into a food processor.
2. To the food processor, add chickpeas, garlic, tahini, salt, pepper and lemon juice. Blend until smooth and creamy, then slowly add olive oil and mix again.

3. Taste and if needed add more salt, pepper or lemon juice.
4. Serve with crackers or sliced vegetables. Will keep refrigerated in an air-tight container for about 4 days.