

Beet Hummus

Makes 1 ½ cups; 12 servings

1 can chickpeas (no sodium), drained and rinsed
2 small canned whole beets (golf ball size), drained and rinsed
1 ½ heaping tbsps. tahini
¼ cup lemon juice
3 small garlic cloves (or 1-2 large cloves)
½ tsp garlic powder
1 ½ tsp cumin

Olive oil
Salt and pepper

Toppings:
Lemon zest
Cumin
Olive oil
Sesame seeds



Add chickpeas, beets, tahini, garlic, lemon juice, and spices to a blender or food processor. While blending, add olive oil until you achieve desired texture. If you prefer it pretty thick, use an agitator and stop to scrape down the sides a few times. Top your finished product with a drizzle of olive oil, lemon zest, a sprinkle of cumin, and sesame seeds. Serve with your favorite chopped up veggies and some homemade pita slices!

Nutrition per 2 Tbsp: 72 calories; 4g Fat; 2.4g Protein; 7.4g Carbohydrates; 2g Fiber; 12mg Sodium



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