

**BEET HUMMUS**

**Ingredients:**

2 tsp ground cumin

1 clove Garlic

4 tbs Tahini (sesame paste)

1 tbs Olive Oil

1 tsp salt

2 Fresh Roasted Beets

3 tbs fresh squeezed lemon juice

**Directions:**

1. Thoroughly wash beets and scrub the dirt off. Set oven to 375 degrees. Rub beets in olive oil and wrap in foil. Place beets in oven and cook for an hour or until beets are tender enough to stick a fork through
2. Peel off top skin of beets with a knife (like peeling a potato)
3. Cut beets in chucks and place in a blender or food processor, also combine chopped garlic cloves, garlic powder, cumin, olive oil, salt, tahini, and lemon juice. Blend until all the chucks are smooth
4. Season to taste
5. Place Hummus in refrigerator for an hour or up to 24 hours to marinate.
6. Serve with tortilla chips, or pita bread and enjoy
7. Notes:
8. This recipe was inspired by the Chocolate and Zucchini blog, I changed a few things. <https://cnz.to/recipes/dips-spreads/beet-hummus-recipe/>

***THIS RECIPE IS DAIRY FREE, NUT FREE, GLUTEN FREE, VEGAN,   
AND VEGETARIAN.***

**Tips:**

Season and taste as you go. Add salt, depending on your personal preference. When working with fresh beets be sure to where gloves so the beet juices do not stain your hand. If you don't want to deal with fresh beets you can use canned beets, the only difference is the color is not as bright.