

Can't Be Beet Hummus

Ingredients

- 1 medium roasted beet
- 1 540ml can chickpeas, drained, rinsed (1 $\frac{3}{4}$ cup)
- Zest of one large lemon
- 1 $\frac{1}{2}$ tbsp. of lemon juice
- Pepper and Salt to taste
- 2 large cloves of fresh garlic (or 1 tbsp. of minced garlic)
- 2 tbsp. of olive oil

Prep Time	Cook Time	Serves
2 hours	1 hour at 375°F	6

Procedure

1. Cut beet from stems
2. Clean and dry beet
3. Preheat oven to 375 °F
4. Place the beet on a sheet of tin foil, drizzle with a small amount of olive oil.
5. Wrap beet tightly in the tin foil and roast in the oven for 1 hour or until tender (If beets are older it may take longer)
6. Lay wrapped beet in bowl and let cool for 1 hour in fridge.
7. Peel beets and cut into pieces
8. In a food processor blend all ingredients except olive oil
9. Once blended add olive oil and then mix
10. Place in a serving bowl and chill in fridge until ready to serve
11. Store in airtight container in the fridge

