

balance

HEALTH & WELLNESS TIPS FOR YOUR LIFE

Beet Hummus

Serves: 6

Ingredients:

3 medium sized beets
2 tablespoons tahini
3 tablespoons fresh lemon juice
1 tablespoon lemon zest
1 tablespoon cumin
1 clove garlic
¼ cup Olive Oil
Salt and pepper to taste

Directions:

- 1) Trim beet tops and cover with water, and then boil until tender, about 20 minutes. Peel and cube, then place cubes in food processor.
- 2) Add all remaining ingredients into the food processor and blend until smooth and well combined.
- 3) Serve with pecan crackers, warm pita bread or slice baguettes.