



Red Beet Hummus

Yield: 2 cups

Ingredients:

- 1 small beet*, peeled and quartered
- 1, 15-oz can of white beans rinsed and drained
- 2 cloves garlic
- Juice of 1 lemon - about $\frac{1}{4}$ cup
- $\frac{1}{4}$ cup tahini
- 1 tsp cumin
- 1 tsp salt

Directions:

1. In a food processor or blender, add beets, white beans, garlic, lemon, tahini, salt and cumin
2. Blend well until smooth and creamy. Add water to thin if needed.
3. Serve with Pita chips and/or veggies.

*Can also use roasted beets