



Beet Hummus

3 Cups

INGREDIENTS

- 1/2 Pound beets (about 4 medium sized beets), cooked* and chopped
- 1 (15-ounce) can chickpeas
- 4 Tbsp tahini sesame seed paste
- 2 Tbsp olive oil
- 3 Tbsp lemon juice
- 1 clove garlic, chopped
- 1 tsp cumin or 1 Tbsp fresh cilantro
- Pinch of salt
- Pepper to taste
- 2 to 3 Tbsp chickpea liquid (aquafaba/ bean water) **Final step.**

DIRECTIONS

1. To cook the beets, cut off any tops, scrub the roots clean, put them in a covered dish with about 1/4 inch of water in a 375°F oven, and cook until easily penetrated with a knife or fork. Alternatively, cover with water in a saucepan and simmer until tender, about 1/2 hour. Peel once they have cooled. Rough chop.
2. Drain chickpeas, reserving chickpea liquid (aquafaba). **Do not add aquafaba until all other ingredients have been blended.**
3. Place all ingredients (**not aquafaba**) in a food processor (or blender) and pulse until smooth. Taste and adjust seasonings and ingredients as desired.
4. **Final step:** Add aquafaba 1 Tbsp at a time to blended mixture. Whizz well after each addition until creamy, fluffy texture is achieved.
5. Chill and store in the refrigerator for up to 3 days or freeze for longer storage.

*if using cooked beets, canned or fresh packed, skip step 1.

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