



Beet Hummus

2 Cups

INGREDIENTS

- 1/2 Pound beets (about 4 medium sized beets)
- 2 Tbsp tahini sesame seed paste
- 5 Tbsp lemon juice
- 1 small clove garlic, chopped
- 1 Tbsp cumin
- 1 Tbsp lemon zest
- Pinch of salt
- Pepper to taste

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.
2. Place all ingredients in a food processor (or blender) and pulse until smooth. Taste and adjust seasonings and ingredients as desired.
3. Chill and store in the refrigerator for up to 3 days or freeze for longer storage.



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