

BETROOT HUMMUS

INGREDIENTS:

- * 1 CAN OF CHICKPEAS, DRAINED & RINSED
- * 3 CLOVES OF GARLIC, MINCED
- * 3 TBSP OLIVE OIL
- * 4 SMALL ROASTED DICED BEETS
- * 2-3 TBSP. LEMON JUICE
- * 3/4 TSP. GROUND CUMIN
- * 1/4 TSP. SALT/PEPPER
- * WATER IF NEEDED

METHOD:

Blend all the ingredients together in a blender, or food processor. If needed, add additional water to thin the hummus and 1/4 teaspoon of salt to your taste preference.