



# HEART-y Hummus

## (You Can't BEET this Hummus)

PREP TIME: 30 minutes CATEGORY: Snack

### Ingredients:

- 1 small beet, roasted
- 1 15-oz. can cooked chickpeas, drained
- 1 large lemon, juiced
- 1 pinch of salt and black pepper
- 2 large cloves of garlic, minced
- ¼ cup extra virgin olive oil

### Steps:

1. Trim the top and bottom of your beet. Place the beet on a sheet of foil and coat with olive oil (approximately 1 tsp.). Then, wrap the foil around the beet. Place in 350 degree oven for about 20 minutes or until fork tender.
2. Allow the beet to cool and peel off the skin. Cut into quarters and place in a food processor. Blend until only small bits remain.
3. Add remaining ingredients except for olive oil and blend until smooth.
4. Drizzle in olive oil as the hummus is mixing.
5. Taste and adjust seasoning as needed. If it is too thick, add a small amount of water.
6. Serve with vegetables and/or whole wheat crackers. Store in refrigerator for up to 7 days.