

Beetroot Hummus



Ready in **15 minutes**

Yields **3 Servings**

RECIPE BY: VERONICA LYNN OF QUIRKY & CAFFEINATED

Ingredients

- 2 medium beets; roasted
- 2 C cooked chickpeas; rinsed and drained
- 2 garlic cloves; minced
- 3 Tbsp lemon juice
- 1 Tbsp Italian seasoning
- 4 Tbsp tahini
- ¼ C water
- Salt to taste

Preparation

1. Preheat oven to 425 degrees Fahrenheit. Cut each beetroot into thick slices and toss in olive oil and a pinch of salt. Roast in the oven until tender.
2. Cook chickpeas until soft, if using canned, thoroughly rinse.
3. Once beets and chickpeas are done, place all ingredients into a high powered blender and blend until smooth.
4. Place in the refrigerator to chill, once chilled serve with veggies and enjoy!