

# Beet Hummus

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**Yield: 6 servings**

## Ingredients:

Roasted Beet (See recipe below)	1 large
Low Sodium Garbanzo beans, rinsed	1 (15.5 oz) can
Tahini	2 tablespoons
Lemon juice	½ lemon
Extra Virgin Olive Oil	1 tablespoon
Garlic, minced	1-2 small cloves
Salt	2 teaspoons
Black pepper	1 teaspoon
Onion powder, to taste as desired	

## Method of Preparation:

1. Wrap large beet in tin foil with small amount of olive oil, roast at 350F for 60 minutes until fork tender (Tip: remove beet skins with paper towels to avoid staining kitchen surfaces).
2. Chop beet into large pieces and add with remaining ingredients into food processor and blend until smooth.
3. Taste and adjust seasoning as needed
4. Add small amount of water to thin mixture as needed
5. Serve and Enjoy!