



Beet Hummus

Prep Time: 20 minutes
Cook Time: 40 minutes
Yield: ~ 2 1/2 cups

INGREDIENTS

2 medium beets, scrubbed and trimmed
1 (15 oz) can chickpeas, drained and rinsed
2 tbsp tahini
2 tbsp lemon juice
1 garlic clove
2 tbsp olive oil
Salt and black pepper, to taste

DIRECTIONS

1. Wrap beets in foil and roast at 400°F for 35–40 minutes until fork-tender. Peel and chop.
2. Place roasted beets, chickpeas, tahini, lemon juice, garlic, and olive oil in a food processor. Blend until smooth.
3. Season with salt and pepper. Add a splash of water if needed for consistency.

Garnish & Serving:

Crumbled feta cheese
Toasted sesame seeds
Fresh dill sprigs
Serve with sliced cucumbers, radishes, or crackers

