

FROM THE KITCHEN OF
BRITTANY STAMER, ND

Beet Hummus

INGREDIENTS

- 1 1/2 cup cooked chickpeas*
- 4 tbsp lemon + lemon zest (optional)
- 2 tbsp tahini
- 4 garlic cloves
- 1 tsp salt + pinch of salt
- 4 tbsp filtered water
- 5 tbsp olive oil
- 1 cup roasted beets (about 1 medium beet)**
- 1 tbsp avocado oil

METHOD

1. In your blender or food processor, add lemon, tahini, garlic cloves, salt, olive oil, filtered water, roasted beets, and chickpeas. Blend on high for a few minutes. You can add more water and/or olive oil to achieve desired consistency.
2. Top with lemon zest and serve with veggies of your choice: cucumbers, radishes, carrots, tomatoes...whatever your veggie-loving heart desires. And enjoy!



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