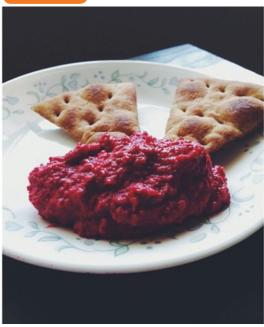
Roasted Beet Hummus

This beautiful hummus is full of healthy antioxidants and is a delicious twist on a classic dip!

Serves 12



Nutrition Facts

Serving Size About 2 Tablespoons Servings Per Recipe 12

Servings Per Recipe 12			
Amount Per Serving			
Calories 150	Calor	ies from	Fat 100
		% Da	ily Value*
Total Fat 11g			17%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 420mg			18%
Total Carbohydrate 11g			4%
Dietary Fiber 3g			12%
Sugars 3g			
Protein 3g			
Vitamin A 0%	• \	/itamin C	6%
Calcium 2%	•	ron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500			
Saturated Fat Le	ess than ess than ess than ess than ess than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g

Please note: nutritional values are approximate.

Ingredients

- 3-4 beets, scrubbed, stems removed
- ½ cup olive oil
- 3 tablespoons tahini
- Juice of 1 lemon
- 2-3 cloves of garlic
- 1 tablespoon ground cumin
- 1½ teaspoons salt
- 1 teaspoon pepper

Directions

- 1. Preheat oven to 375 degrees.
- 2. Wrap beets in a foil packet, place on a baking sheet, and roast for 30-50 minutes until easily pierced with a fork.
- 3. Let beets cool, then peel. Peels should come off very easily with just your hands after they are cooked.
- 4. Combine beets with all other ingredients in a food processor or blender. Blend until smooth.
- 5. Serve immediately or refrigerate.
- 6. Enjoy this unique dip with flat bread, or your favorite veggies!

