

Beetroot Hummus

Ingredients

500g Beetroot

3 tablespoons Tahini

1 clove garlic

2 tablespoons Olive Oil

2 tablespoons Lemon Juice

1 tablespoon Apple Cider Vinegar

2 teaspoons ground Cumin

½ teaspoon sea salt



Method

1. Preheat Oven to 200 degrees.
2. Roast your Beetroot until tender (usually 30-40mins...less if you chop it up!). Let it cool.
3. Once its cool enough handle, peel and chop.
4. Place all ingredients in a food processor, and wiz until smooth.
5. Serve with crackers, goats cheese and raw veggie sticks.....the perfect 'healthy nibbles' option.

(i must say, it goes beautifully with a quality glass of red wine also)

This will keep in the fridge for approx. 5 days.



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