## Bright Beet Hummus

Quick and simple, bright and beautiful! This recipe is my go-to if I have unexpected guests or an impromptu social gathering to attend and want a delicious platter of nibbles at short notice. Packed with antioxidants and fibre this condiment is great as a dip but also works well in wraps, dolloped on salads or pizzas, or as a garnish with your main.

SERVES



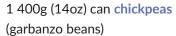
PREP TIME











1 400g (14oz) can sliced beetroot (beets)

1-2 cloves garlic

1 Tbsp olive oil

Salt and pepper

- Drain the beetroot and reserve the juice.

  Drain and rinse the chickpeas.
- 2 Shell and roughly chop the garlic. Blend everything together in a food processor adding beetroot juice as required to reach your desired consistency.
- Chill and serve with sliced veges, wholegrain crackers, pitas cut in to triangles or even with homemade hot chips or wedges.
- Store in the fridge and use within 1 week. If you have more than enough you can freeze any excess into ice cube trays, then pop them out once frozen and store in a zip lock bag ready for ease of use later on.



Go to www.bit.ly/CWLBeetHummus for a step by step demonstration video.

