

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 **6+**

PREP TIME **5**



- 1 400g (14oz) can **chickpeas** (garbanzo beans)
- 1 400g (14oz) can **sliced beetroot** (beets)
- 1-2 cloves **garlic**
- 1 Tbsp **olive oil**
- Salt** and **pepper**

- 1** 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.
- 3** Chill and serve with sliced veges, wholegrain crackers, pitas cut in to triangles or even with homemade hot chips or wedges.
- 4** 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.

