



## Beet Hummus

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1 small **beet**,  
cooked

19 oz. can no-  
salt-added  
**chickpeas**  
(and liquid  
from can)

2 tbsp **tahini**

¼ cup **lemon  
juice**

1 tbsp extra  
virgin **olive  
oil**

1 **clove garlic**,  
minced

¼ tsp each  
**garam  
masala,  
salt and  
pepper**

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Combine all ingredients in food processor and process until very smooth. Serve with raw vegetables and pita chips, or use as sandwich spread.

**Makes 8 servings. Each:**

114 calories ❖ 4g protein ❖ 5g total fat  
❖ 0mg chol ❖ 16g carb ❖ 1g sugar ❖  
3g fiber ❖ 200mg sodium