

# The simplest way

... to make beetroot hummus.

## Ingredients (serves 8)

2 medium sized beetroots, skin on  
400g can chickpeas, rinsed and drained  
1/3 cup tahini  
½ large lemon, juiced  
¼ cup olive oil  
2 garlic cloves, crushed  
¼ tsp cumin  
3-4 tbsp water  
Pinch of salt



## Method

Pre-heat oven to 200°C. Wrap each beetroot in foil and roast for 1-2 hours (depending on size) until soft. Remove from the oven and cool. Peel and chop into chunks.

Place all ingredients in a food processor with only one tablespoon of water. Process until smooth. Add more water, one tablespoon at a time until the desired thickness is reached.

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