

BEETROOT HUMMUS

CHICKPEAS - one can (240g)

TAHINI - 1 tablespoon

GARLIC - 2 cloves, chopped

LEMON - 1, juice plus zest (zest optional)

OLIVE OIL - 2 tablespoons

BEETROOT - 1 large one (225g)

SALT - pinch of salt

I used raw beetroot in the hummus only to make it a quick and easy thing to do. Plus, where possible, eating vegetables raw maximises their nutrients and keeps them as beneficial as possible. Using roasted beetroots would be even more tasty. Roasting vegetables makes vegetables sweeter and would enhance the taste of any dish.

Blend all ingredients in a food processor. I used my artisan [Kitchen Aid](#) food processor and needed only the small tub for one portion of hummus. Add as little or as much water as you wish to result in the right consistency for you.

BEETROOT: Source of Calcium, Vitamin C, Iron, Vitamin B6 and Magnesium.

WARNING: Your urine may/will turn pink or red. Please check that it's not tinted 24 hours after eating beetroot.