

BEET HUMMUS

Prep Time: 10 minutes

Cook Time: N/a

Included in Box:

- 1 (15-oz) can low sodium garbanzo beans, drained and rinsed
- 1 cup canned no salt beets, drained and rinsed

Additional Ingredients Needed:

- 1 T lemon juice
- 2 T tahini or plain yogurt
- 2 T olive oil or vegetable oil

Directions:

1. Add all ingredients to a food processor and process until smooth.
2. If the hummus is too thick, add cold water 1 T at a time until you reach the consistency you like.

Tip: Serve as a dip with carrots, bell pepper, celery, or whole wheat pita bread!



Nutrition Facts*

Total Servings: 6
Serving Size: 4 T
Calories: 128
Fat: 6 g
Sodium: 81 mg
Carbohydrates: 13 g
Fiber: 5 g
Protein: 6 g
Carbohydrate Servings: 1

**Nutrient facts include low sodium garbanzo beans, no salt beets, lemon juice, tahini, and olive oil.*