



Beet Hummus

Prep Time: 25 min

Cook Time: 5 min

Serves: 6

Ingredients:

- 1 medium beet
- 1 (15 oz) can chickpeas (low sodium)
- 2 tsp lemon juice
- 1 Tbsp roasted sunflower seeds
- 1 clove garlic
- 1 pinch salt and black pepper
- ¼ cup olive oil

Instructions:

1. Peel beet and roast in the oven at 400°F for 10-15 minutes until you can easily pierce it with a fork.
2. Add all ingredients to blender or food processor and blend until smooth.
3. Taste and adjust seasonings if needed, adding more lemon juice, salt or olive oil. If it's too thick, add a bit of water.
4. Enjoy with your favorite veggies or pita.

Beets contain compounds that can help you feel relaxed, and contribute to a sense of well being.