



Your true path to wellness.

## Beet Hummus

**Yield: 4**

**Ingredients:**

4 medium beets, scrubbed with peel on  
2 tbsp. extra virgin olive oil  
sea salt  
1/4 c. tahini  
1/4 c. lemon juice  
2 cloves garlic, chopped

**Method:**

Preheat oven to 375 F.

Rub beets with olive oil and salt. Roast until very tender. Cool and then rub skins off with clean dish cloth or paper towel. Chop and then place into food processor and blend until smooth. Lasts 4 -5 days max.