

# EASY BEET HUMMUS

## INGREDIENTS:

- 1 (8 ounce) can (rinsed and drained) or 1 roasted beet
- 1 (15 ounce) can chickpeas, mostly drained
- Juice of 2 large lemons
- 1/8 teaspoon salt
- 1 large garlic clove, minced
- 1 Tbsp. tahini
- 1/4 cup extra virgin olive oil



\*VEGAN



\*GLUTEN-FREE

## DIRECTIONS:

1. Rinse and drain the canned beets.
2. Combine all ingredients in a food processor or blender and puree to desired consistency.
3. To thin, add 1 tbsp. water at a time.

## NOTE:

- This will keep in the fridge for up to a week.



Serves: 10

## Nutrition Facts

10 servings per container  
Serving size 2 Tablespoons (84g)

Amount per serving  
**Calories 140**

	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 1mg	6%
Potassium 206mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For more information contact The Living Whole Wellness Program at (909) 651-4007 or email [livingwhole@llu.edu](mailto:livingwhole@llu.edu)

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