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## **Beet Hummus**

A great alternative to regular hummus. Enjoy all the health benefits of beets! This recipe makes a low calorie snack.

### Ingredients

3 medium beets, washed, leave the skin on  
1 tsp olive oil  
¼ cup diced onion  
2 cloves garlic, finely chopped  
1 tsp ground cumin  
1 cup canned chickpeas, drained and rinsed  
¼ cup tahini (ground sesame seeds)  
¼ cup water  
¼ cup lemon juice  
Raw vegetables to serve

### Directions

1. Cook beets in a large pot of boiling water for 40 minutes or until tender. When cooled, peel beets and roughly chop. Set aside. Can be done 1 day in advance.
2. In a medium fry pan, heat oil over medium heat. Add the onion, garlic and cumin and cook, stirring often, until onions are soft, 5-10 minutes.
3. Add beets, onion mixture, chickpeas, tahini, water and lemon juice to a food processor and puree until smooth.
4. Serve immediately or store in an air tight container in the fridge for up to 3 days.

Makes 2 cups - Nutritional information per serving (3 tbsp). 72 calories, 3g protein, 4g fat, 56mg sodium

Source [www.heartandstroke.ca](http://www.heartandstroke.ca)