



# Recipe of the Week

## BEETROOT HUMMUS

*This healthy dip comes to you by kind permission of NZ Gardener from their invaluable 2016 Garden Diary*

### Ingredients

500 g whole beetroot  
Can of rinsed, drained chickpeas  
2 garlic cloves  
1 tab tahini  
Juice ½ lemon  
Olive oil

### Method

1. Cook the beetroot until tender, rub the skins off under cold running water when the beetroot has cooled enough to handle.
2. Chop into rough chunks, place in food processor with the chickpeas, garlic, tahini, and lemon juice.
3. Blend.
4. With the motor still running, drizzle in some olive oil (or unsweetened yoghurt) until the hummus is silky smooth.
5. Season with salt.