

## **Beetroot Hummus**

### *Ingredients:*

4 Beetroot  
1 can chick peas  
3 tablespoons tahini  
½ cup olive oil  
¼ cup of water  
½ tsp cumin  
2 cloves of garlic  
2 tbsp lemon juice

### *Method:*

1. Simmer beetroot for 45 minutes, in boiling water, drain cool, peel and grate
2. Using hand blender mash chick peas
3. Add beetroot and all remaining ingredients, blend well with hand blender
4. Place in serving bowl (cereal bowl) and place on back bench
5. Clean up work surfaces and wash equipment