

BEETROOT HOMMOUS

Ingredients

1x 400 gram tin of chickpeas drained into a sieve
250grams of fresh beetroot peeled
3 $\frac{1}{2}$ tablespoons of tahini (ground sesame seed paste)
 $\frac{1}{2}$ a clove of garlic, peeled and crushed
2 tablespoons of fresh lemon juice
 $\frac{1}{2}$ a tablespoon of ground cumin
Pinch of salt
Pinch of pepper

Directions

1. Drain the chickpeas into a sieve over a bowl saving 1/3 of a cup of the liquid.
2. Peel and grate the beetroot.
3. Place the beetroot in a food processor; add the chickpeas, tahini, garlic, saved chickpea liquid, lemon juice, salt and pepper and cumin. Blend until smooth.
4. Taste test the dip to see if it needs more lemon juice, salt, pepper or cumin.

Makes 2 cups of hommous
