

BEET HUMMUS



Karthein's

ORGANIC • BIOLOGIQUE

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4 servings

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1 ONE SIMPLE STEP

- 2 cups cooked chickpeas
- 1 tbsp olive oil
- 2 tbsp fresh lemon juice
- ¼ cup cooked beets, cut into cubes
- 1 tbsp beet juice*
- 2 tbsp KARTHEIN'S CARROTS & GINGER SAUERKRAUT
- 2 tbsp tahini
- 1 garlic clove
- 1 tbsp dill
- ¼ - ½ tsp fine sea salt

*The liquid collected from a package of cooked beets can be used

1. **Combine all ingredients in a small food processor and process until the texture is smooth**
2. **Serve with crackers, vegetables or use in sandwiches**

