

Food Babe's Beet Hummus



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	0 mins	10 mins	6

<https://foodbabe.com/homemade-hummus>

Ingredients:

- 1 ½ cups garbanzo beans, cooked
- 1 tablespoon raw tahini
- 1 teaspoon garlic clove, minced
- 1 tablespoon extra virgin olive oil
- ¼ teaspoon sea salt
- 1 pinch ground black pepper
- 1 whole lemon, juiced
- 1 orange, juiced
- 2 large carrots, chopped
- 1 small beet root, chopped
- 1 handful fresh cilantro
- 1 teaspoon maple syrup - grade B

Instructions:

1. Drain garbanzo beans and give them a quick rinse.
2. Combine all ingredients except olive oil in food processor/blender and blend.
3. Once combined, scrape sides.
4. Start blending again and add olive oil slowly into mixture while it is blending.
5. Remove all hummus into an air tight container and serve or refrigerate up to 5 days.

Notes:

- Please use organic ingredients if possible