

## Beet hummus

### Ingredients

- 2 medium beets
- 2 cups cooked chickpeas (or 1 can of 540 ml, rinsed and drained)
- 1 garlic clove
- 1/3 cup tahini
- Juice from one or more lemons
- 5 ml cumin
- Salt and pepper to taste
- ¼ cup of water, approximately

### Preparation

1. Wash and coarsely cut the beets. No need to peel them, it's more nutritious!  
Place the beets in a steam cooker over a pot of boiling water to steam, or on a baking dish with a bit of oil to bake in the oven. Cook until tender.
2. In a blender, add all the ingredients and mix until the texture is smooth. Season to taste.
3. When ready to serve, add a drizzle of olive oil and chopped cilantro.