



# BEET HUMMUS

## INGREDIENTS

- 1 medium roasted beet, chopped
- 2 cups cooked and drained chickpeas
- 1 tablespoon lime juice
- 3 tablespoons olive oil
- 2 tablespoons tahini
- 1/2 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 2 cloves garlic

## DIRECTIONS

- Blend the beets and chickpeas together in a food processor until slightly combined, about 15 seconds.
- Add the rest of the ingredients in and blend until all the ingredients are incorporated and smooth, about 30 seconds to 1 minute.

## SHELF LIFE

1-3 days in Refrigerator

## RECIPE

<https://jessicainthekitchen.com/beet-hummus/>



# FEATURED FARMER'S CHOICE CROP

# BEETS

## VEGETABLES

Kale

Arugula

Beets

Cabbage

## HERBS

### MEDICINAL

Apple Mint

### SPICES

Celery Leaves

### FLOWERS

German Chamomile

### EGGS

6 Beautiful Brown Eggs

