



EASY BEET HUMMUS

Boost the nutrition—and the color!—in your next batch of homemade hummus by adding beets. But fear not: this Beet Hummus is creamy and mild enough for the kids.

Yield: 3 cups, approx. 12 servings | Time: 40 minutes

INGREDIENTS

- 1 14.5- ounce can chickpeas (drained and rinsed and patted dry)
- 1/2 cup boiled beets
- 1/4 cup plain whole-milk yogurt
- Juice of ½ lemon
- 1 tablespoon tahini
- 1/4 teaspoon salt

PREPARATION

1. Place all ingredients into a blender and puree until very smooth.
2. Spread onto toast, bread, or crackers. Or serve as a dip with soft veggies like sliced cucumber, snap peas, or bell peppers.
3. Store in an airtight container in the fridge for up to 5 days.

JUST BEET IT!

With great color comes great nutrition! Beets contain one of the most potent naturally occurring pigments. This phytonutrient is full of antioxidants that help reduce inflammation and make our brains smarter!

Beets are an excellent source of vitamin C, fiber, and potassium.

Don't be afraid if you notice a red tint in your urine or stool after consuming beets! Betanin, the phytonutrient responsible for their deep pigment, is often not broken down and ends up being passed undigested.