

HeartBEET Hummus

Ingredients:

- A medium Beet
- (15 Oz) can White Northern Beans
- 1/4 Cup Olive Oil or Sunflower Oil
- 1/2 tsp Salt
- 2 tsp Lemon Juice
- 2 tsp Lime Juice
- small clove Garlic
- 1/2 tsp Nutmeg



This recipe will mostly need to be done by adults or older children (8+) but kids can still get involved in helping with measuring or pressing the button on the food processor. Kids always love how it turns out bright pink! Preheat the oven to 400 degrees (f). Rinse the beans and set aside (this will help reduce their gassiness) Wash the beet well and place on a baking sheet (I suggest covering it in foil - beets stain). Bake for 50-60 minutes. The beet should be tender so it will puree easily. Depending on the size of the beet cooking time will vary. I usually make more than one beet at a time to puree for other recipes. Remove skin off of the beet. Sometimes a knife or vegetable peeler is the easiest way to get the skin off. Place all the ingredients in a food processor and puree until smooth. Serve room temperature. Can be stored in the fridge for up to 5 days or frozen for up to 3 months. This makes a great dip as well as a great sauce for veggie pizza.