



Beet and Walnut Hummus

3 medium size beets washed
½ cups walnuts
2 cup canned organic chickpeas
2 tablespoons lemon juice
¼ cup tahini
1 garlic clove
1 tablespoon olive oil
1 tsp ground cumin
1 tsp salt

Preheat oven 350F. Wrap the clean beets in aluminum foil, place on a baking tray and cook for about 30 minutes, until beets are soft when pierced with a knife. Remove from oven, let them cool down and then peel them and cut them up in medium size cubes.

Place all ingredients, including cooked beets, in food processor and blend until combined and homogenous. If you don't have a food processor you can use a blender.

Serve with carrot and celery sticks. You can also make a delicious sandwich with this hummus and add sprouts to it. You can also serve it along a green salad for a healthy lunch.

Benefits

1. Beets are rich in antioxidants due to it high betalain content.
2. Beets help reduce inflammation.
3. Beets are very good for your digestion due to its high fiber content.
4. Beets are vasodilators. They improve your blood flow and this helps to keep you energized.

Uses in the kitchen: great shredded raw in salads or baked, steamed and roasted