

## Beet Hummus



### Ingredients:

- 1 cup beets roasted, peeled and chopped
- 1-15 ounce can cannellini beans or chickpeas
- 1/4 cup tahini
- 1/4 cup lemon juice
- 1/4 teaspoon sea salt or more, to taste
- 1/4 teaspoon coriander
- olive oil, sesame seeds, roasted pumpkin seeds or lemon slices for garnish (optional)

### Directions:

1. Add all ingredients to a food processor bowl, and process until the mixture is very smooth.
2. Chill, and then top with desired garnishes.
3. Serve with veggies, crackers, or pita bread.

Makes 8 servings



**Tarrant County Public Health**  
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