

HEART HEALTHY & SIMPLE BEET HUMMUS

Ingredients:

- 1 large or 2 small beets
- 1 can garbanzo beans (chickpeas), drained and rinsed
- Juice of 1 lemon
- 1/4 cup oil (olive, avocado, or vegetable)
- 1 clove fresh garlic, peeled
- Salt & pepper to taste
- Assorted veggies such as cucumbers, celery and/or carrots chopped for dipping and/or pita or whole grain bread



Nutrient Highlight: Beets

- Fiber filled, sweet, earthy vegetable
- Rich in antioxidants and phytonutrients, helps fight inflammation
- Contains nitrates, linked to improved athletic performance and improved vascular health.
- Uses: Roast, sauté, steam, boil, or grill for salads & side dishes



GOOD SOUL

NUTRITION

SERVES: 6-8

Serving Size: 2-4 Tbsp

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Directions:

1. Preheat oven to 400 degrees. Wrap beet(s) in foil and roast for 45 minutes, until beet is soft and cooked through. Let cool for 5-10 minutes to allow for easy peel. Pro-tip: use gloves or a towel to peel because these beets will turn your hands red!
2. Add the roasted beet(s), garbanzo beans, lemon juice, olive oil, garlic, salt & pepper to a blender or food processor and blend until smooth and creamy, about 3 minutes.
3. Transfer to a serving dish or into an airtight container to store in the fridge. This hummus will last 7-10 days refrigerated.

Optional Recommendations: If you're feeling fancy, spread hummus on small slices of toasted baguette, and add crumbled goat cheese and fresh herbs for an easy appetizer. Enjoy!



GOOD SOUL
NUTRITION