

Beetroot Hummus and Crudites

Ingredients

- 500g cooked beetroot
- 2 x 400g cans chickpeas, drained
- juice 2 lemons
- 1 tbsp ground cumin
- 2 garlic cloves

Method

- Whizz the beetroot, chickpeas, lemon juice, cumin, 2 tsp salt and some pepper. If it is a little thick add either oil or water to loosen up.
- Serve with crudites toasted bread
- Great for salad bars and accompaniments to Greek dishes

