



Lisa's Beetroot Hummus

1 Jar Organic chick peas (this does make a difference supermarket ones have E numbers in them.

1 medium sized beetroot roasted with the skin on (roast for around 50 minutes)

1 tbsp of dark tahini

1 clove garlic

¼ tsp cumin

juice of 1 lemon

Good quality olive oil (amount depends on how you like the consistency) I use 4-5 Tbsps

Salt & pepper

Peel the beetroot and place all ingredients in a good quality food processor and whizz until desired consistency if still too thick add more olive oil or more lemon juice. (I use MagiMix food processor and recommend it)