

1. Put all the ingredients together in a blender or food processor and blend until smooth. You may need to add a little water, if the paste is too thick.
 2. Serve as a starter, a dip or as a sandwich filling.
- 4 small beetroot, cooked (not pickled beetroot)
200g chickpeas (1 can or equivalent dried chickpeas, cooked)
3 tbsp tahini (sesame seed paste)
2 tbsp olive oil
1 clove garlic
Juice of 1/2 lemon

STARTER***'What's Cooking!' Recipe Card*****BEETROOT HUMMUS****FOOD FACT:**

Beetroot is a vegetable that is classed as a super food, valuable for combating chronic fatigue syndrome.

It also helps to add oxygen to the blood to help with anti ageing.

Preparation time **3mins**

Cooking time **0mins**

Serves 4-6