

## BEETROOT HUMMUS

SERVES 4 / PREPARE 5 MINS

### Ingredients

250g Beetroot, cooked  
80 g Tahini  
2 tbsp Extra virgin olive oil  
2 tbsp Lemon juice (aprox ½ lemon)  
1 Garlic clove, crushed  
75 ml Water  
Sea salt

### Instructions

Combine all the ingredients in a food processor and blitz until smooth. Adjust consistency with water if necessary.

Serve drizzled with olive oil and wholemeal pitta or crudités.

LEFTOVERS IDEA: use any leftover beetroot (boiled, roasted) to make this hummus.



### Nutrifacts



**Beetroot** is high in FIBRE that helps intestinal health & transit. Beetroot contains VITAMIN C that supports the immune system, FOLIC ACID which is necessary for red blood cell production and POTASSIUM to help maintain healthy blood pressure. Beetroot also contains good levels of GLUTAMINE that helps maintain a healthy gut. The chemical responsible for dark purple colour in beetroot is BETALAIN, an antioxidant that research shows can protect against the damaging effects of cholesterol.

**Lemon** are high in vitamin C to help maintain our immune system in good shape.

**Garlic** is high in an important antioxidant, VITAMIN C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help modulate the immune system.

**EXTRA VIRGIN OLIVE OIL** is high in heart protecting mono-unsaturated fats and contains good levels of antioxidants including polyphenols and VITAMIN E that help prevent damaged caused by free-radicals.