

Beetroot Hummus

Ingredients

1 x 400g tin of chickpeas, drained
2 med cooked beetroot
1 tsp garlic granules or ½ clove garlic
75ml olive oil
a pinch of salt and freshly ground black pepper
juice of 1/2 a lemon
1 tbsp tahini



Instructions

Drain the chickpeas and rinse thoroughly. Peel and finely chop the garlic. Put all the ingredients into a blender and blend until smooth, adding a little water if necessary. Check the seasoning and add more salt and pepper if necessary.

Nutrition information:

Each Serving:	50g
Kcal	80
Fat	1.3g
Net Carbs	2.8g
Protein	1.9g