

BEET, BANANA, RASPBERRY SMOOTHIE

INGREDIENTS

- 2 medium beets or 3 small
- 1 frozen banana
- 1 cup frozen raspberries
- 1 cup almond milk (or any milk will do)
- handful of ice cubes

DIRECTIONS

1. Peel beets and cut into large chunks.
2. Toss everything into a blender and blend until smooth.
3. Serve and enjoy!

Servings: 2
Total Time: 5 mins



BEET HUMMUS

INGREDIENTS

- 1 roasted beet peeled and chopped
- 1 can chickpeas drained
- 2/3 cup tahini
- 2-3 zest & juice lemons about 1/3 cup of lemon juice
- 2 cloves garlic chopped
- 1/3 cup olive oil
- 1 teaspoon cumin or more to taste
- 1 teaspoon kosher salt
- 1 handful chopped herbs

Topping Options

- 1 handful of chopped parsley, thinly sliced radishes, pine nuts, some more lemon zest, big salt flakes, olive oil, or anything else your heart desires for sprinkling on top (optional)

DIRECTIONS

1. Combine the chickpeas, tahini, beet, lemon juice, garlic, cumin, and salt in the bowl of a food processor (or blender).
2. With the motor running, slowly drizzle in the olive oil and blend until smooth.
3. Taste and adjust seasoning as needed, adding more olive oil, lemon juice, garlic, cumin or salt as needed. I like mine extra garlicky and lemony!
4. Serve in a bowl and sprinkle parsley, za'atar, lemon zest, nuts, big salt flakes or anything else your heart desires.

Servings: 8
Total Time: 30 mins