

BEETROOT HUMMUS

1 large beetroot or 2 smaller ones
1x 400 grams tin chickpeas
2 teaspoons ground cumin
juice of 1 lemon
2 cloves garlic, crushed
sea salt and pepper
120 ml extra virgin olive oil



Heat oven to 180°C. Peel beetroot, cut into large pieces, rub extra oil over the beetroot and bake in the oven for around 40 minutes or until tender.

Put all the ingredients, except the oil, into a food processor and process until smooth.

Slowly drizzle in the oil.

Will last a week or so in the fridge.