



WILD BLUEBERRY & BEET HUMMUS



SERVES: 6-8 | PREP TIME: 10M | COOK TIME: 45M

DAIRY FREE GLUTEN FREE VEGAN VEGETARIAN

INGREDIENTS:

½ Cup Crofter's Organic Premium Wild Blueberry Fruit Spread

2 Beets (Peeled and Chopped)

2 Tbsp + 3 Tbsp Olive Oil (Divided)

1 Can Chickpeas (Rinsed)

½ Cup Tahini

¼ Cup Lemon Juice

2 Garlic Cloves

½ Tsp Ground Cumin

1 Tsp Kosher Salt

Chopped Parsley (for Garnish)

Lemon Zest (for Garnish)

White Sesame Seeds (for Garnish)

DIRECTIONS:

1. Preheat the oven to 425°F and line a baking tray with parchment paper. Peel and chop your beets into smaller chunks and toss them with 2 tbsp olive oil. Place them on the baking tray and bake in the oven for 45 minutes or until soft.
2. In a blender or food processor, combine the cooked beets, chickpeas, tahini, lemon juice, garlic, cumin, salt, and Crofter's Organic Premium Wild Blueberry Fruit Spread. Blend on low. While the hummus is still blending, add in the remaining 3 tbsp olive oil. Keep adding until the desired texture of the hummus is achieved.
3. When done, serve right away in a bowl topped with fresh parsley, lemon zest, sesame seed and a light drizzle of olive oil. Or store in the fridge in an air-tight container for up to 3 days. Enjoy!