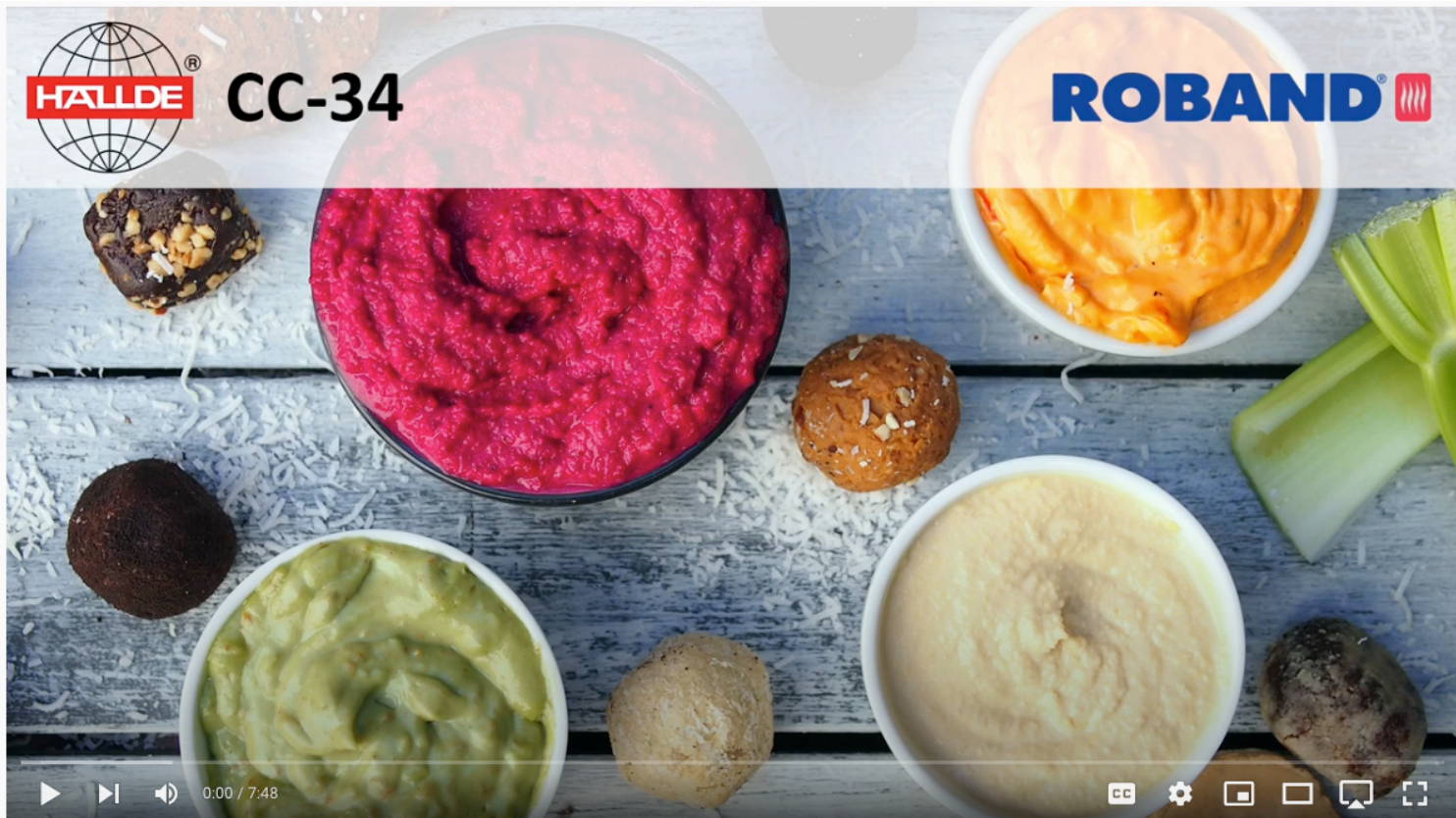


# SAFE CUT COST CUT FRESH CUT

Vol.2



CC 34 Dips - Final





# BEETROOT HUMMUS

Beetroot hummus that's gluten free and vegan friendly, it won't disappoint. Happy Eating!

## Ingredients

- 1 can chickpeas
- 1 cup cooked beetroot
- 1/3 cup olive oil
- 1/4 cup tahini
- 1/4 cup apple cider vinegar
- 1 jalapeno (seeded)
- 1 lemon (juice)
- 1 garlic clove (peeled)
- salt and pepper to taste
- 1 date (pitted)

## Method

- Place all the ingredients in your Hallde in the order listed.
- Start on slow speed and increase to high speed whilst using the scraping blades to incorporate all the ingredients.
- Blend for 20-40 seconds or until you reach the desired consistency.
- Serve with your favourite crackers or vege sticks

## Notes

Recipe courtesy of Raw Blend <https://www.rawblend.com.au>

