



INGREDIENTS

- 1 lb. beets, peeled and cut into very small pieces
- 1 lb. zucchini, cut into medium pieces
- 2 tbsp. olive oil
- 1/3 cup olive oil or avocado oil
- 1/4 cup water
- Juice of 1 lemon
- 2 garlic cloves
- 1/4 tsp ground coriander
- 1/2 tsp salt

Roasted Beet and Zucchini Hummus

Makes Approximately 5 Servings

Directions

- Step 1** Preheat your oven to 400 F. Cut the beets and zucchini and spread out on a large baking dish. Place one garlic clove on baking dish as well. Coat vegetables with 2 tbsp. olive oil.
- Step 2** Bake for approximately 20 minutes or until vegetables are cooked through and tender
- Step 3** Allow vegetables to cool for just a few minutes, then place in a high-speed blender or food processor with the remaining olive oil, water lemon juice, garlic cloves, and salt. Blend until a hummus consistency form. If needed slowly stream in olive oil to thin mixture. Serve with raw vegetables, gluten – free crackers, or dehydrated veggie chips. Store in refrigerator, covered, for up to a week.