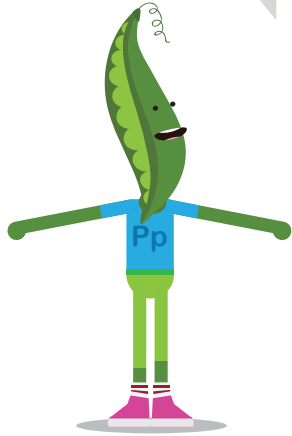


Beetroot hummus

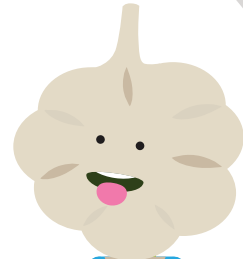
Spring

I take away your stress,
and help your food digest.



Paula Pea

I'm a bulb with cloves in
sections, I have the power
to stop infection.



Gary Garlic

I can make you stronger,
so you can run for longer.



Benny Beetroot

When you have a cold in your chest,
my zest will get you back to your best.



Lizzie Lemon

What ingredients we are going to need

1 can chickpeas, drained and rinsed
250g cooked beetroot
a pinch of salt
Juice of ½ lemon
1 garlic clove, crushed
2 tbsp tahini
2 tsp ground cumin
100ml extra virgin olive oil

It is so easy to do

Place all the ingredients into a bowl and mix until smooth
(or use a food processor)

Why it is good for us

Chickpeas contain healthy protein, fibre, vitamins and minerals. They can help to protect you against disease, are heart healthy, give you energy and can help you maintain a healthy weight. Beetroot can boost your stamina so you can exercise for longer. It can boost blood flow to your brain, making it work better and increase serotonin, which makes you feel happy. Garlic is an excellent decongestant and strong antibacterial. It can help fight chest infections and sore throats. Garlic may stop germs from growing and boost the immune system. Lemons can help brighten your mood, clear your mind and help you feel energized and refreshed. Lemons can help sore throats, boost immunity and balance PH levels. They can also help to reduce fever.

Together this dip is a mood boosting beautiful colour and tastes delicious, especially with carrots, red pepper or cucumber sticks.