

BEETROOT HUMMUS

Ingredients for 40 pieces

400 g chickpeas

1 beetroot

3 cloves of garlic

2 tablespoons sesame paste

2 tablespoons lemon juice

2 tablespoons olive oil

cumin

salt

Cayenne pepper

crackers



Preparation

Peel the beetroot and cut it into small pieces. Cook them for 30 minutes in the oven until they are done. Let them cool down and use them without the fluid.

Peel the garlic.

Put all ingredients together (except some chickpeas for decoration) and puree it. Taste the mixture.

Put it on the crackers.