

Beetroot Hummus

Load on this Beetroot Hummus for adaptogenic, anti-inflammatory, and antioxidant benefits. Beets help improve blood flow, increase energy and stamina, and support healthy liver function.

While beets are functional on their own, this recipe takes it to the next level by incorporating **CanPrev's Myco10** mushroom complex to help manage stress, reduce inflammation, and support immune function. This hummus does it all. Now that's one we don't mind double-dipping in!



Preparation time: 45 mins | Servings: 8



Ingredients

- 1 28 oz can chickpeas
- 2 small beets, cubed
- 1 lemon, juiced
- 5 cloves garlic
- ½ cup tahini
- ¼ cup balsamic vinegar
- ¼ cup water
- 2 tbsp olive oil for roasting the beets
- 3 scoops Myco10

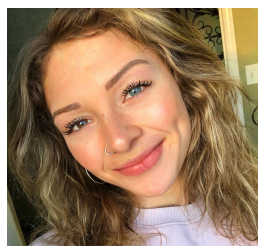
Method

1. Preheat oven to 350F.
2. On a baking sheet, drizzle beets with olive oil and roast for about 30 minutes until soft.
3. Add roasted beets and remaining ingredients to a high-speed blender and blend until smooth. Add more water if necessary, to achieve desired hummus consistency.
4. Serve hummus with veggies, crackers or breadsticks.

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Developed by: Nicole Bowman



As a fitness and health enthusiast, Nicole combines her background in Human Nutrition with her passion for cooking to create delicious treats with functional benefits.

